

WATER-CURE

JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XII. NO. 4.]

NEW YORK, OCTOBER, 1851.

[\$1.00 A YEAR.

FOWLERS & WELLS, PUBLISHERS,
131 Nassau street, New York.

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A PLANT requires a good seed or germ, a good soil, a suitable degree of moisture, free access to air, light, and a proper temperature. An animal requires, also, a sound germ, a healthy food, light, air, a proper temperature, and the exercise of its faculties and passions. The plant draws its food from the soil; the animals draw theirs directly or indirectly from vegetables. The stomach of the animal answers to the soil of the plant. The plant extends its absorbent vessels after food in the earth—we bring food within reach of our absorbents, by conveying it into the stomach. Plants and animals alike need light, air, and moisture, and cannot be developed without them.—*Introduction to the Water Cure.*

WOMAN THE PHYSICIAN.

BY MRS. M. S. GOVE NICHOLS.

AN INAUGURAL ADDRESS, GIVEN AT THE OPENING OF THE AMERICAN HYDROPATHIC INSTITUTE, SEPT. 15, 1851.

Words are the signs of our ideas, if we have ideas, and often the lamentable proof of our want of them. Words contain just as much meaning as we have to put in them, just as life is filled with as many brave deeds as we have power to perform.

Our age is manifestly an age of want, as well as of abundance. Each world-critic sees a particular want. Few can look over the whole of humanity, and discern all our needs at once. It is doubtless wisely ordered, that the masses see not many duties at once. We should shrink from living, could we comprehend in a moment all that life implies and should contain.

As a physician I assert, that the want of our age is health; and this word to me comprehends the ability to fulfil our duty to God and man; the power to work and worship acceptably. It comprehends all beauty and all sanctity; the highest art, the truest nature, the most glorious and most delicate achievement, and the utmost conceivable of human enjoyment.

Different persons express this want differently, each giving his own definition to his expression. The Emperor Nicholas of Russia says the world wants Faith. I believe that Nicholas is a wise man, provided he knows what he means. The Transcendentalist says the world wants Being, and I am willing to consider him as wise as Nicholas, with the same proviso.

Minor and fragmentary moralists each see a separate need for our poor humanity, and all labor to give us what they deem the sovereign good. Some see that the rights of woman are not all conceded to her; that her character is undeveloped, and her influence insufficiently exercised, felt, or acknowledged. The peace-man would scatter olive leaves; the abolitionist would give to chattel man free papers the world over, even though he had no other gift, and starved in his first, blind, ignorant, and helpless freedom. There is likely to be difference of opinion for some time on the question, whether bonds and bread are to be preferred to freedom and starvation. It is at least well to be allowed the courtesy of choice.

All reformers, from the advocate of the short dress, called by the barbarous name Turkish, (doubtless in deference to a crab-like conservatism,) to the reformers of government, society, and the universe, all have some one idea so prominent that they are prone to lose sight of all others. It is not wonderful that I share a lot so common, and come to you with my one idea, the idea of my life—Woman the Physician. As our ideal is often higher than our actual achievement, I may be able to give you a better picture than original of a Physician.

The education and healthy development of woman are wants of the world in this nineteenth century, that everywhere force themselves upon our consideration. The weakness, sickness, and general inefficiency of women, in civilization, are appalling facts. We cannot look to the mass of them for achievement; they have enough to do to bear the burden of existence. The fashionable women of civilized countries are miserable victims of disease and doctors, peripatetic apothecaries' shops, and walking show-cases of fancy articles. Their God is fashion, and they are zealous worshippers, considering their weakness. I do not speak to these, and I only speak of them to make plain the poverty of the world. The world is not peopled with such. Thanks to the good God! In America especially, women are asking new spheres in all directions. I do not come here to plead for the equality of the sexes. Perhaps I believe in that old compliment that calls woman the better half—perhaps not. Possibly I believe that my husband is better than myself. In any event, I do not come to pray for equality, nor to prove it. I come to demonstrate great needs; to show how much the world wants woman as a physician, and what woman needs to qualify her for this responsible position.

The Past, with the lancet, and poison, and operative surgery, did not insult woman by asking her to become a physician; and the Past has not asked her to become hangman, general, or jailer.

We may well excuse all believers in Allopathy, if they judge woman unfit for the profession. Their judgment is wise, and creditable to them and us. To the honor of woman be it recorded, she has not entered the allopathic profession of

medicine, because she was wholly unfit for it. She has been a nurse, and has culled simples, and has done all in her power to relieve the suffering and sick in all time. When Homœopathy came, with its negative good and its positive reformation of habits, woman, in the abundance of her faith, became a domestic physician in very many instances, and in a few she has taken a public position, and given the one hundred millionth or billionth part of a grain of charcoal, chalk, or arsenic, with a beautiful belief that the medicine would do good, and a pretty positive assurance, founded on all common sense and human experience, that it could do no harm.

Just in proportion as the profession of medicine has become humane, just in proportion as it has become what it has always claimed to be,—the art of healing,—just in that proportion has woman been found ready to engage in it, and make it her life-work; and reasoning from analogy, we may conclude, that when politics, the pulpit, and the legal profession, become in like manner ameliorated, women will be found able and willing to fulfill the duties of these professions.

Women are peculiarly fitted to practice the art of healing. In sickness we want sympathy and kindness; we want abundance of the love which creates and strengthens continually. Everybody knows that it is woman's business to love, whilst love is an episode to man. Behold, then, the proof of woman's fitness to relieve sickness and suffering. Indeed, woman has given ages of proof of her loving humanity, by not entering the profession of medicine during its "reign of terror."

I here disclaim all feeling of hostility to man. I do not say that he is an unloving being, or unfit to be a physician. We want him in all his strength, and in all his wisdom. But we want also the tenderer love, the sublimer devotion, the never to be wearied patience and kindness of woman.

Because man has had the strength to be the destroyer of his race, to be a general, a surgeon, a butcher, and a hangman, we want him with all this power, which is to woman incomprehensible, for better uses. Because woman has been too loving, unless in rare exceptions, to be a destroyer, we want her in all her tenderness to be a physician. Woman has been the nurse of man in all ages. To make her care in the highest degree available, man has only to add his philosophic wisdom to woman's loving kindness. Man should teach woman all that he can. She will use all that she learns wisely and affectionately, and she will make no contemptible additions to the store. The lore of experience and intuitive understanding are by no means valueless.

There are many conditions in which woman may serve as a physician with more propriety than man. I am not one to engage in any crusade against the employment of male physicians. In any circumstances where they can be of highest use, they should serve. The person best qualified to serve should be employed in all the business of life.

Much has been said against male accoucheurs. I see a necessity for men to serve in this capacity, that is not generally recognized. In barbarous countries, and in barbaric ages, women were the property of the strongest. The fact

of property in woman exists in the highest civilization. Women have little chance of choice in marriage, and often less capacity to choose. A woman marries sometimes to secure a home, sometimes to escape an unpleasant one, perhaps, for a fashionable establishment. There are many motives, beside affection, that secure the contract called marriage; and in marriages induced by love, there are changes necessitated by different degrees of progress in wisdom and goodness, and in stupidity and evils. The bloated and stultified drunkard, the trembling and palsied debauchee, were once taken by their wives in wedlock, as pure and healthy and earnest men. Are they the same men with whom the contract was made? But marriage is indissoluble, and generally it becomes the nursery of new plants. In an unloving or hateful marriage, God alone knows how heavy is the burden of maternity, or how earnestly the suffering mother asks strength of God; and is it wonderful that in a much more evil time than the present, when woman was owned outright, and could be sold by her husband, with a halter around her neck, that the miseries of unloving maternity, supported by no sympathy from the husband-owner, should have obtained from Providence the mitigation of the masculine sympathy of the physician?

It seems plain that the employment of men as midwives has been a Divine ordination, to mitigate the evil of the ownership marriage.

Physicians have, in general, given a refined and generous and sustaining sympathy to women in this hour of most terrific need. Still it is one of the most encouraging signs of the times, that there is, all over our country, an increasing demand for female practitioners in obstetrics. It is, to me, conclusive evidence that love is predominating in our marriages more and more; that women are regarded more as individuals, and less as property. I do not complain that men have been useful in the practice of obstetrics, or as operative surgeons, or as generals, jailers, or butchers. But I rejoice that the recognized individuality of woman, the loving marriage, the ability to cure wounds and bruises, are legitimately lessening the labors of the man-midwife and surgeon; whilst the peaceful disposition of nations, the paucity of crimes, and the less consumption of animal food, leave less employment for the jailer and the butcher of men and animals.

You may think in all this there is slight cause of gratulation. The cloud no bigger than a man's hand shall fill the whole heaven, and the faint dawn of morning is sure to precede high noon.

If the duties of any profession are well and wisely performed by men or women, we have no cause of complaint. That men are better adapted to some pursuits, and women to others, is an evident fact. A bad man, who shields himself under the sanction of the medical profession, can do more to corrupt and abuse than a woman.

Bad men can more deeply outrage and abuse women in the medical profession than in any other. Many men, under the name of doctor, are amassing fortune, and corrupting the weak and ignorant multitude of women; therefore I demand that woman be educated and qualified to

protect herself and her sex. I can bear honorable testimony to the moral worth and good intention of a majority of the medical profession, though I consider their practice bad and poisonous in the extreme. But there are numbers of men who shield themselves under the title of doctor, for whose deeds murder is too mild a name, and for whose punishment a new penal code might be needful, for the death penalty would be wholly inadequate.

I cannot trust myself to speak much on this subject. It is too fraught with horror, with all that is revolting to benevolence and purity. Men whose victims are the last to understand or complain, are insured fortune, and safety from the prison or the gallows by the fatal disease, and still the more fatal ignorance of woman. There is neither hope nor help for this, but in educating woman to be physician of her sex. Year after year have I labored to rescue woman from her degrading bondage to quackery. Abuses are constantly coming to my knowledge. Men are practicing in large numbers, who have neither learning, honor, nor common decency; but others who pretend to all these, are probably more mischievous. Abuses, deception, and outrage have been communicated to me by my patients, till my whole being has been aroused almost to madness, and I had wished I had the power to curse and wither from the earth those who could deliberately do such foul wrong. Woman, in weakness, ignorance, and innocence, the victim of a thousand crushing falsehoods, turns to man for help. It is bad enough when he honestly attempts to restore her health by giving her deadly poisons, by actual and potential cautery, and by all the paraphernalia of a profession, often more cruel than death.

But when, for money or the gratification of motives a thousand times more base than the mercenary, men become the instruments of a corruption more to be dreaded than murder, it is time that God and man should say, *Let there be light!* Educate woman, and you give her the first and most indispensable condition of salvation. So long as she is helpless from disease and ignorance, she is the prey of bad men. Give her knowledge, let her know the causes of disease, and the methods of cure; let her know herself better than the best and wisest man can know her. Do this, and the hour of her redemption has come. And woman will not be redeemed alone. She is the mother of man. If she is degraded, her offspring is degraded. If she is elevated, man is correspondingly elevated. God has ordained, in wisdom, that the children of the wretched should be wretched too, that they should live for weakness or wickedness, or die untimely deaths. The great lessons of crime, insanity, sickness, and death go on from year to year, and the world is learning. The thickest stupidity is pierced at last. Questioners are abroad. Why are we sick? Why cannot the doctors cure us? Why are we wicked? Why cannot the church and its ministers do more for us than just palliate and render our badness bearable? Why don't the jail, the prison, and the scaffold cure society? Men, women, and society have asked a cure so long in vain, that they begin to distrust their doctors. If they can cure why do they not? We are tired of professions and pro-

mises. We ask other help. Let woman be educated. Let her have healthy development; and if we cannot save the present race, let us raise up a new race.

We want truer and more elevated ideas of womanhood. We must have free, noble, healthy mothers, before we can have men. The cramped waist, the crushed vitals, the loaded spine, the trailing skirts, the fettered limbs, the feeble, fearful being, who has no rights but to be maintained, protected, and doctored, can train us no Washingtons, Franklins, or Jeffersons, no wise or great men, and no women worthier the name than their mothers. We want women who can break the bonds of custom, who are great enough to be emancipated from all that weakens, degrades, and destroys, and who will teach others the holy lessons of a true freedom, not to be independent of man, but that man and woman should be mutually dependent.

In the life-struggle of a wise humanity, men and women must be united, and strive together for the highest good. There are brave women in our land—women who dare to work for God and their brethren—who are ready to devote themselves religiously to their own elevation, and that of their fellows. In these, and for these, there is hope. We want a band of devoted physicians, who shall be the teachers and the healers. Woman must enter upon this work, with her whole being possessed and informed by a devotion, deep as the fountains of her existence, and broad as life, with all its duties and developments.

When woman ceases to be religious, she ceases to be woman. She may be no devotee to isms—she may believe that heroes who have given their names to sects, are not more heroic than those who have been protestants against sects. She may see good in all modes of honest thought, though the thinker be Christian, Jew, Mohammedan, or neither, and she may see error and evil in the whole of humanity. But in all, and through all, woman must be devoted to the highest good of our race, or she fills not the idea of woman. She must always be conscious that the world's future belongs to God and to woman. If the world is to be filled with heroes, whose hands are unstained with blood, and with lovers untainted by lust, and with sages wise to banish crime, and poverty, and disease from the earth, woman is to be the mother of these.

Woman must be the lover of God and man. She must be wise to make her love a saving grace. She must labor in her God-given strength, at all times, for the elevation of our race. Such a woman is the true worshiper, and may be the worthy physician; no other can. As woman approximates this standard of truth and goodness, she becomes, in such proportion, able to fulfill the high and sacred duties of the physician.

Truly, it is a sublime work to be the teacher and the almoner of purity and health, to lead woman up to that height of wisdom and goodness that shall make her worthy to be a mother.

Man has been a law-maker for woman, and a law-breaker for himself. We will not set him aside for incapacity, for the same power that does mischief may do good. But woman must legis-

late for herself and her children at home. Her first need is devotion, her next is wisdom. All the knowledge in the world is useless without the love that appropriates it.

Woman must have health and endurance, or she is manifestly unfit for the arduous duties of the medical profession. She must have these by inheritance or acquisition. When woman acquires health, she knows how she has won it, and she can direct others often more efficiently than those who have always been well. I apprehend few women can be found with enough of health to disqualify them for sympathy with the sick. The civilized world is full of sick women. This is the mighty evil that now overshadows the world. It must be removed, or mankind has no future.

If the human race could be at once annihilated, or resolved into elements that might be again combined more creditably to God and man, it would be well; but to live the imbecile, suffering, dying lives of the many, is a fate too terrible to contemplate, much more so to endure.

Our planet is afflicted with the horrible eruption of deserts and cities, marshes, swamps, and snows. It has varieties of surface too sick to sustain human life at all, or sustaining it in health immeasurably below the brutes, and in reason scarcely above them.

We have courts of law. We have the prison and the gallows. We have pulpits that point to a future more appalling than our present; for this world has water, and we have drugs and doctors, and a thousand other evils, that force us from the present to the unknown future.

Such is the condition of man and the earth. We have work to do, if we would save ourselves and the beautiful earth that God has given us.

CHEMISTRY OF LIFE.—NO. II.

BY T. ANTISELL, M. D.

To review the phenomena of life, and to study them alike in their minutest bearings, as well as in their most extensive development, we must turn our attention to the vegetable kingdom, where may be found, carried out on a stupendous scale, the beautiful reactions consequent on the chemical properties of earth, water, and air, reciprocally antagonizing each other. The balance of those forces results in the building up of the enormous forests of the untenanted wilds of nature, a growth which, though silent in its action, and inappreciable to the most observing sense within a limited period, is yet almost inconceivable in amount, and not sufficiently to be admired for its beneficent purposes. When the skill and inventive power of man is applied to the manufacture of a fabric, or the construction of a machine, the end is attained often by the sacrifice of beauty in configuration, or simplicity of structure. In a cotton manufactory, what a confused hum and a bewildering monotony of spindle-rolling; and in the working of the modern apostle of civilization, the printing press, the sight and the sound convey to the sense the idea of great force exerted. It cannot be that the noise is inseparable from the working of the machine, for it is possible to deaden the sound by *buffers*, and yet the work is equally well done;

but new apparatus has to be introduced, and complexity becomes an ingredient. Where is the defect owing, but to our present incomplete knowledge of the relation of surfaces to each other, which does not allow us to present them together without producing that jarring and friction with which human machinery is ever accompanied. In nature we see the loftiest and the strongest structures reared by that silent and invisible power, slow, but never-ceasing in its operations, performed by the simplest contrivances, and the smallest number of parts, and therefore producing none of the jarring and friction, the consequent attendant of man's feeble imitations. These lofty piles of organized labor, when left to themselves, resolve their more complex posts back to the simpler elements from whence they sprung; and unless their growth be arrested, and their processes of life examined, we can obtain no estimate of how much is contributed by external nature to make a living plant.

When the forest is burned, the ash which is left indicates the amount of matter derived from the earth to make up the constitution of the tree. This proportion varies in different plants, and in different parts of the same plant. Thus annuals and biennials contain a greater per centage of mineral matters; and the young shoots and green parts of perennials contain more than the older, drier, and less colored parts. Its absolute quantity ranges from 1 to 12 per cent. of the dry plant. The remainder, being from 88 to 99 per cent., are the portions derived by growth from the water and the air. It is possible to separately estimate these. If the plant have been moist, and be dried, as long as it will give off any water, we may determine how much water existed in that state in the vegetable. This quantity varies in different parts of a plant from 5 to 75 per cent. The application of heat to any farther extent is incapable of obtaining more water *as such* from the organism; but still water has been solidified, and remains yet fixed in its tissues, but prevented from escaping at any temperature short of total decomposition. This is occasionally termed *water of combination*, because it is the element with which it is combined which marks its properties, and renders its dilution and separation more difficult. By careful analysis, however, it may be shown, that this second quantity of water exists to the amount of 50 per cent. of the dry mass; that which remains behind, the black mass of charcoal or carbon, equal in amount in the dry plant to the foregoing, is that portion which has been derived from the air: so that we might, with a great degree of precision, from the foregoing statements, determine the sources of the materials of the vegetable race, and state them thus:—

Derived from the earth,	2 parts
“ “ water,	58 “
“ “ air,	40 “

—
In 100 parts.

Such would be the composition of a branch of a tree.

We shall now confine our attention for some time to that portion derived from the earth. This mineral matter which the plant abstracts from the

earth is always of a steady amount in the same species of plants. Abundant experiments have shown that the quantity and quality of the ash found in the same plant is always the same; and also that grown on the same soil, and under the same circumstances, the quantity and quality of the ash left by no two species of plants is the same; the ash of each differing the more widely in this respect, the more remote in botanical relations the two species are. So that from this it appears, that the ash left in our stoves after burning of wood is no accidental impurity, casually introduced, but a really essential part of the substance of the tree, without which it cannot enjoy a healthy life, or attain completeness in all its parts. If two corn-stalks or potato-roots be grown on different soils, and their progress examined, the composition of the mineral matter from either plants will be found almost identical, or so nearly so as to strike the mind of the examiner with the idea, that the similarity in both cases is owing to a preference, or selecting power, exerted by the plant itself. There is thus established, between the kind and quality of the crop and the nature and chemical composition of the soil, a clear relation, which is universal in its application, no matter in what latitude vegetation may be placed. It shows that the soil on which the plant grows is not a mere cohesive thing, in which it steadies itself and fastens on to, enabling it to stand against the winds, which otherwise would make a ruin of it, but that it is really a beneficent parent, which supplies the most necessary nutriment; and the apparently dead clay thus feeds the organism. That this is really true, is evident from the fact that if a young healthy plant be placed where it is deprived of this nourishment, it droops, sickens, and dies.

A few examples will serve to show the existence of this relation more distinctly.

Lime is present in nearly all plants; but while 100 lbs. of the ash of wheat contain 8 lbs. of it, 100 lbs. of the ash of barley contain only 4½ lbs. The barley growing in the same soil, and taking up in the total as much mineral matter as the wheat, yet takes up only half the quantity of lime. Again, potash is contained in many plants; but while the ashes of turnips contain 37½ per cent., that of wheat contains only 19; although the absolute quantity of mineral matter withdrawn from the soil by wheat is much more than that by turnips.

These instances, among a host of others, will suffice to show that it is not indifferent to the plant what the nature of the soil in which it is placed may be, but that, on the other hand, it is of the utmost importance that it contain *all the food* of a mineral kind which it requires. There is a curious resemblance between the plant and the mineral, which may be noticed here. In the inorganic kingdom, crystals are made up of definite proportions of chemical substances, as a crystal of alum is made up of alumina, sulphuric acid, potash and water; but in practice it is found, that if a substance which resembles any of these bodies in its mode of crystallizing, or its general habitudes, be substituted, no change in the form of the alum will occur. Thus oxide of chrome resembles, chemically, alumina very much. It may replace the alumina, and the crystal of alum will still be the same. Such a body is called *chrome*

alum. The boracic and silicic acids resemble the sulphuric acid very much, and can, either of them, replace it, uniting with the other elements, without affecting the crystal. So also with the rest. The potash may be replaced with protoxide of iron, and we would thus ultimately form, by substitution, an alum which should not contain any of the original constituents of the salt except its water. These substitutable bodies are termed *isomorphous* substances. Now, this law of isomorphism appears to prevail in plants. Potash and soda are isomorphous bodies; and when a plant cannot obtain sufficient of either to meet the supply demanded in its growth, it takes up just so much of the other as makes the difference. This does not affect the general statement, that some plants (as all marine plants) prefer soda and others potash, but shows that when enough of either cannot be had, the other is capable of supplying the deficiency. Magnesia and manganese are isomorphous bodies. Now, manganese is but rarely found in the ash of plants, and it is most probable that it is then owing to there not being sufficient magnesia available for the plant.

Having thus far shown the necessity of mineral food for the plant, it remains to show what that food is, and how it enters into the vegetable frame.

The substances which the plant selects are limited in number, being about thirteen, viz.:—Potash, soda, lime, magnesia, alumina, oxide of iron, oxide of magnesia, sulphuric and phosphoric acids, chlorine, iodine, sulphur, and silica. A few metals occasionally present themselves, but they appear to enter rather from substitution, than as a necessary food for plants.

The foregoing elements are as necessary to the animal as to the plant; the former cannot live without them, and derives them almost altogether from the vegetable: with the exception of what enters with the water he drinks, there is no other way of receiving the mineral food, except as it is found in vegetable substances. So that the sustenance of the animal is dependent upon the proper nutrition of the vegetable; and the healthy development of the one is bound up with that of the other.

The various forms and combinations which these mineral elements put on are as varied as the species in which they are found. Thus, the potash of the grape-stalk is found united with tartaric acid, a substance developed by the plant itself, to mark, as it were, the individualizing power of the several species—the orange, apple, potato, possess similar powers. The manner in which the simpler elements enter the vegetable, and the means by which the more elaborate compounds are produced, deserve particular notice, as showing by what simple but effectual mechanism the most constant and extensive operations are produced.

THE natural condition of the human animal is a healthy birth, a robust and happy infancy, a joyous youth, a vigorous maturity, a calm old age, and a painless death. This is nature; and it is the instinctive desire of every human being. It is what man is fitted for in his anatomy and physiology. It is in harmony with all nature around him. It is his proper destiny; and every other life than this is a violation of the will of God, as revealed in His own universe.

HYDROPATHY AND ITS AIMS.

BY J. C. JACKSON, M. D.

WHAT are the great aim and end, the scope and frame-work, of the so-called *Water-Cure Reformation*? How far do they legitimately reach? What are its natural boundaries? To what philosophy in the preservation of health and the treatment of disease does a professed believer in hydropathy pledge himself? To what *principles* may the *community* fairly hold him? What are his responsibilities, and with what kind of faith and face, of theory and practice, is he to come before the public, and challenge its confidence and support? The reformation claims to be based on foundations as broad as the pathological necessities of man. It sweeps a large area in its assumptions. Its sets up for itself a marked distinctiveness, and professes, over and above and independent of all other systems of medicine, to be complete in itself, to have in itself sufficiency of power to meet any emergency which disease may create in the human body, and *as successfully*—to speak quite modestly—as any system to meet such emergency. As a *matter of course*, its disciples must wear its badge. They must be marked men and women. They must have a home within its precincts, and feel, in their theory of disease and its treatment, a faith which amounts to enthusiasm. Whether all who profess to confide in it are able to apply its benefits at all times, without mistake, is one thing; and an inconsiderable thing, laid alongside with another fact, much greater and more important, whether all who *profess* to confide in it *do confide* in it.

It is one thing to be a "*Professor of Hydropathy*," and quite another thing to be a *Practitioner* of the Water-Cure. One may *profess* to be a water doctor, thereby to seize on the public sympathies, and line his pockets well; but to give himself up, body and soul, to the reformation, because it is in his esteem *true*, marks him a very different sort of man in one case from what he is in the other.

Now, I take *radical* ground for Hydropathic Practice. I insist now, as I have done for an extended period, that if this reformation can be permitted to work itself out unobstructedly and unhumiliated to its natural results, it will sweep over the land like the angel of salvation, whose hands drop at every hamlet and castle leaves plucked from the tree of life for the healing of the nations. It will not be a simple reformation. It will be a *revolution*. Before it in its majestic march the prejudices of centuries, the passions of the interested, the opposition of the doctors, and the cynicism of the skeptic, will fall. The habits of the masses, the wretched modes of life of the more particular and select, the thoughtless, careless conduct of the guardians of the young, the ignorance of physical law, and the yet worse indifference on the part of such as are specially set apart to proclaim the way to heaven, will be broken up, and a new, fresh, unsophisticated life will gradually show itself. Out of this turbid, dark, half-chaotic mass will physical beauty evolve, and the spiritual and intellectual in man will gradually assume a corresponding fairness. For a philosophy capable of results so glorious and commanding I claim *honor*,

truth, faith, devotedness, enthusiasm, from its children. To them, by the good Giver of all things, is committed the labor of working its principles into practical blessings, and laying them more or less benignly and kindly at the door of the humblest human habitations. For a philosophy like this I claim clean hands and pure hearts in all activities intended to elaborate it; and as the reformation incorporates in its vitalities *sufficient to make it independent of all other schools of medicine*, it is but fair to demand that those who clothe themselves with its drapery, and set up as its disciples, should separate themselves from other schools, and hold unquiveringly the standard of the enterprise to the breeze. A radical system like Hydropathy must have this course on the part of its standard bearers, or all is lost. The old systems, though rotten with falseness, have the conventionalities and proprieties of society, the conservatism which age begets, and the power which long-continued custom conveys, on their side. They are fixtures. They have rooted themselves deeply in the ideas and notions of men. They are welded with the hopes and the fears of their votaries. They are thoroughly protected and fortified, for Error always braces itself. It must do so or fall. Its support is entirely outward. It has no internal force. Every position which it assumes violates the law of moral gravitation. If this be so, then there is no *medium* ground for the reformation to take. On such ground it would perish. *Water*, as an agent in the cure of human ailments, is either sufficient, or it is not. That is, it is as sufficient as the drugs and nostrums of the *materia medica* are—for at this point of the argument this is all that is necessary to claim.

If *Water* is sufficient, then *Drugs* are detestable. If it is *not* equal to the occasion, then it must drop from its present eminence, to the subordinate and incidental position of an auxiliary to drugs. The so-called Hydropathic practitioners in the Union take opposite grounds. Drs. Trall, Shew, Nichols, and Mrs. Dr. Nichols, Kittredge, and others, plant themselves on the radical ground that *water* is *all-sufficient*. Others take the position that *drugs* are *sometimes* good, *sometimes* better than *water*. Yet they all call themselves Hydropathists, as though they *were*, when they are *not*. It is impossible to make them so, without so far robbing the enterprise of all that is valuable in it, viz., its ability to supersede drugs in the treatment of disease, so as to make it of no consideration *what* men are called. Men who on cardinal points are *apart* are *not* together, however cunning the bonds of association which seem to fraternize them are; and while they are *apart*, cannot be gotten together *seemingly*, without sacrificing of truth in the *Water-Cure* philosophy to what is false in *Drugs*, enough to give the latter the decided advantage. Truth and Error never compromise without having Truth lose all that is *lost*, and Error gain all that is gained.

The *Hydro-pathist* and the *Hydro-druggist* are of different schools. The latter *may be* the best school; all I can say is that I do not believe it, and so do not join them. Were I a believer in the use of drugs, I would take my proper place with the drug fraternity, and would neither appropriate nor allow others to apply to myself the name of *Hydro-pathist*. As it is, I am proud, humble as my

abilities are, to take position with Shew, Trall, the Nicholsees, Kittredge, and others who discard drugs in the treatment of human maladies. There is a difference discernible in the course of a *Hydro-pathist* and a *Hydro-druggist* in this, if no other direction. The *Hydro-pathist*, relying on *Water* as the grand remedial agent, takes special pains to have *good water*. He is *anxious* about the *quality* of the water. The *Hydro-druggist* is comparatively indifferent about it. He calculates, *on a pinch*, to fall back on his pills and boluses, and so he pitches his tent by the first spring he comes to, so its location is calculated to draw around him the sick. Thus, all over the country, the doctors who are in the use of *hard water* in the establishments over which they preside, give drugs more or less; and the converse is equally true, or nearly so—those who give drugs use *hard water*. So double injury is done; for the harder the water the less efficacious it is, and the less efficacious, the more the physician uses drugs in difficult cases. The *ultimate fact* with these *Hydro-druggists* is *yet to be*, that drugs to hydropathy will play the part of Pharaoh's lean kine to his fat ones. As far, therefore, as these men have influence, it goes to lessen the value of the *Water-Cure* administration in the public eye. For what can one expect a poor diseased creature will do when told, by a "professed" *Water-Cure* doctor, that by the *aid of drugs* he hopes and expects to make *water* potential in the overcoming of disease, but set himself at thought as to the relative power of *water* and drugs in curing the sick, and come to the conclusion that *drugs* are the *agent*. Almost inevitably this must be the conclusion, for all the forces of his education are on the side of drugs, and against *water*. Let your *Hydro-druggist* cure such a man, and send him abroad among men, he will fall to the use of medicines as *naturally* as he opens his jaws when hungry to receive food.

Now for one, I wash my hands of this whole attempt to pervert this noble struggle for man's physical enfranchisement from its Heaven-descended mission, to the benefit of the drug practice. One does by such course but stretch out a strong hand and pluck a poor sinner from the gripe of the devil, to have the pleasure of making him over to the devil's prime minister. *Drugs!* I hate them, and I warn those who are languishing, by reason of ill health, caused or aggravated by heavy medication, how they trust themselves in the hands of *Water-Cure* doctors who give Podophyllin, Lobelia, or Tartar Emetic occasionally, or any other kind of medicine, beside good, pure, soft *water*. *Drugs!* Why shouldn't they be an object of intense dislike to me, as their deplorable effects are witnessed daily by me?

As I sit writing, there appear before me two ladies, fine, genial-hearted women, wives, mothers, who are the victims of drugs—one having lived on morphine and the other on laudanum for years; one drinking not less than two and a half ounces of strong laudanum daily, the other eating morphine as a rabid school girl eats chalk.

Anxious, almost above measure, that the blessings of this great reform should not confine themselves to those who have *wealth*, I advertised that I would answer all letters post-paid, directed to me, asking for advice relative to the use of *water*;

that for this advice I would make no charge. In answer to this notice, I have received over (400) four hundred letters, from twenty-nine States of the Union, and have examined one hundred and fifty persons at my office, who have not been guests of mine. From these five hundred or more persons have come up cries of distress and entreaty for help, such as I never thought of hearing. They have pleaded and begged of me, for the love of God and man, to answer them and help them. In every instance I have replied, but in some instances uselessly, I fear, owing to the ill direction of their places of residence. One marked feature stamps this correspondence—that seven-tenths of the cases are cases of disease caused or continued by immoderate or excessive *drugging*. Let me give you a specimen, readers of the Journal. Says a lady, asking direction for a case of *prolapseus*—

"My physician gave me Corrosive Sublimite, Nitrate of Silver, Iodine, Arsenic, Calomel, to cure irritation of the mucous membrane of the *stomach*. For my prolapseus I took Quinine, was bled, used tepid astringent injections, and Soap-suds, solution of Nitrate Silver, Kreosote, Sugar of Lead, and Oak Bark; meantime taking, for my stomach difficulties, Calomel, Dover's Powders, Camphor, Sulphuric Acid, Nitric Acid, Ether, Antimony, Strychnine, Potash, Epsom Salts, Magnesia, Charcoal, &c., and had blisters without number applied to the sacrum. I had before my sickness read of *Water-Cure*, and wished to apply it, but my physician was opposed to it."

I could make a book out of this correspondence, that would record such sufferings, caused by this infernal drugging, as one little dreams of. Do you wonder that I am not disposed to *deal in drugs*? Never whilst I live in Glen Haven, with my approbation, will a patient of mine take poison into his body to cure disease; at least whilst over the moss-grown stones comes rushing the bright water from our mountain-top, crying, *LIFE! LIFE!* as it makes its way to our placid lake.

Drugs and *water!* Filth and purity; destruction and conservation; health and disease in co-partnership, eh! Is it not laughable, the complacency that can combine the two in practice, and call that practice *Hydropathic*? What good *Hydro-druggists* do, let the award be rendered to them. I would not pluck a single plume from their crest; but I beg to be excused from recognizing any doctor as a hydropathic physician, who uses drugs in the eradication of disease. The man that does it violates the cardinal principles of the movement, if he does it and calls the effort *hydropathic*.

It has been said to me, that in the present stage of this enterprise radical positions are not *wisely* taken; that they injure the cause and their advocate. I do not so see it. To me, above price is the success of the *Water-Cure* Reformation. I would not willingly do anything that could impede its progress; but I cannot think a well-considered determination to oppose the introduction of *Drugs* into the *Water-Cure* practice calculated to hinder its advancement. As for its influence on my patronage, I should be ashamed so far to forget high manhood as to bring a great philosophy, destined to bless millions, into subserviency to my interests. If I cannot be supported in my prac-

tice, by being manful and true in my advocacy of the Water-Cure, it may be an indication that I should hoe corn, dig potatoes, or chop cord-wood, but *not* an indication that I should peddle drugs, or *sell my principles*. At any rate, I am not quite ready for the leap, from the spring-board on which I stand, into an apothecary's shop, instead of a pure fountain of soft water. There are too many people incurable by drugs, yet curable by the water processes, for me to act thus foolishly. Glen Haven, with its beautiful rising and setting sun, its bracing air, pure as that of Eden before the devil breathed his pestiferous breath into it, its wild woods, mountain scenery, quiet lake, and thrilling bird-songs, its gushing soft waters, and retirement from all that is hollow and false in life, is not the place for a druggist to locate. I should as soon think of having a drunkery.

It may not be wholly void of interest to the readers of the Journal, who have discarded the use of drugs entirely, to learn that Glen Haven has done better this year, *in numbers*, under a *strictly Hydropathic administration*, than at any year previous, when drugs were sometimes given; and that the success in the treatment of those committed to my care, has gratified them generally, and answered my most sanguine expectations. In closing this article, let me call your attention to a card in this number of the Journal, embodying a programme of business for the winter. If any readers of the Journal choose to avail themselves of the offer made, it will give my wife, my son, my partner and myself great pleasure to expend what of strength and skill we have in giving them health.

GLEN HAVEN WATER-CURE,
Scott, Cortland Co., N. Y.

HYDROPATHY VS. ALLOPATHY, NO. II.

BY E. B. THOMAS, M. D.

No one acquainted with the history of diseases, can fail to notice their increase in all civilized lands, where medicine is practised as a separate profession. Many of them are, no doubt, the result of luxurious habits; still this is insufficient to account for their immense increase over those of savage life. We have made incidental reference to this subject before, but, from its importance, it demands further investigation. A salutary lesson may be learned by contrasting the physical condition of the savage New Zealanders with their present state, although few of the habits and customs of civilization have as yet obtained among them. Speaking of them, when he first visited the island, Capt. Cook says: "One circumstance peculiarly worthy of notice is their perfect and uninterrupted health. In all the visits made to their towns, where old and young men and women crowded around our voyagers, they never observed a single person who appeared to have any bodily disease; nor among the number that were seen naked, was once perceived the slightest eruption upon the skin, or the least mark which indicated that such an eruption had formerly existed." Kipp's Life of Capt. Cook, p. 122.

Recent voyagers give very different accounts of their physical condition. They now say "Atna," their malignant demon, has been very angry with

them for having allowed the white men to obtain a footing in their country, a proof of which they think they see in the great mortality that has recently prevailed among them.

Until the whites came to their country, they say "young people did not die, but all lived to be so old as to be obliged to creep on their hands and knees." New Zealanders, p. 231.

It is our intention to attempt to prove all this mortality the direct result of drug medication; but it would be well to recollect that enervating luxuries of civil life are scarcely known among them, while medicine mongers of various stamps and grades, from the shrewd pill-peddler to the more dignified surgeon apothecary, are found in abundance. Our opinions upon this subject are materially strengthened by the well-known fact, that all the important articles used as medicines have their specific disease, which are as much subject to nosological arrangement and classification as any other disease; thus mercury has its "erithimus" which is characterized by a great depression of strength, a sense of anxiety about the precordia, trembling and sighing, pale contracted countenance and coldness of the whole body, small, quick, and, sometimes, irregular pulse and vomiting. Sometimes it produces an eruption upon the skin, called *eczema mercuriale*, *lepra mercurialis*, and *erythema mercuriale*, which is nothing more or less than the *poisonous* effects of the mineral, however high-sounding and mysterious its name. Nevertheless, such a formidable array of symptoms richly deserve the honor of a place in the nosology of disease.

"Mercury occasionally acts on the system as a poison, quite unconnected with its agency as a remedy, and neither proportionate to the inflammation of the mouth, nor *actual quantity* of the mineral absorbed. * * * Mercury often produces pains like those of rheumatism, and nodes of a scrofulous character." Hooper's Lex. Med.

Not only physicians, but almost every person in community, have seen frequent cases, not only of intentional, but *accidental* salivation, from the use of this mineral, for the relief of which different authors recommend purgatives, nitre, gum-arabic, lime-water, sulphur, camphor, bark, sulphuret of potassa, blisters, astringent gargles, mineral acids, and spirits of turpentine, with no other beneficial results than temporary relief from some of the more dangerous symptoms. This, therefore, is classed among the *self-limited fevers*, and the patient must rely upon the vigor of his constitution for recovery. One peculiar feature in the action of this mineral upon the human organism, is its power to accumulate in the system, and lie dormant even for years, until some peculiar change in the tissues renders them susceptible to its influence, when its poisonous effects are manifested in all its horrors. It usually happens thus: the patient is attacked with some acute affection, and his medical attendant tries to bring his constitution under its influence, but it fails to have any apparent effect; nevertheless the patient recovers sufficiently to attend to his daily avocation for months, or it may happen, for years, with no other inconvenience than sore teeth and rheumatic pains in the limbs at every accession of damp weather, till some peculiar state of the organism, which is per-

fectly undefinable, supervenes, and he suddenly finds his system *saturated* with mercury.

This accumulative power of mercury is something so inexplicable, that many are inclined to disbelieve it; and some of the medical profession even deny its validity. It is a vulgar notion that cathartics will prevent its injurious effects, taken hours after the medicine has gone the rounds of the circulation, and been deposited in some of the solid tissues. We have the best authority for believing that mercury is deposited in a metallic form in the various tissues of the body, the assertion to the contrary notwithstanding. In Woodal's Surgery, p. 244, we are informed, that Cardanus took two ounces of crude mercury from the head of a patient who had been attended by himself. Dr. Canter discovered it in the urine of patients, and obtained the metal by distillation. Prof. Cox also found it deposited in the perineum of a man taken from the gallows. Fourcroy, Dumeril, Orfila, and Le Cruveilhier, have all found it deposited in the various solids of the body.

We are acquainted with a gentleman who was severely salivated nine years after his last dose of "blue mass."

Iodine also produces its diseased condition, known by the name of Iodism or Iodina, which is in plain English the poisonous effects of the medicine, which often happens when administered in the *usual remedial quantities*. This disease is attended with the following symptoms—a restlessness of the limbs, so that it becomes impossible to keep them still, succeeded by a heaviness of the limbs, heaviness of the head, violent cephalalgia, spasms, tremors of the limbs, paralysis, prostration, depravation of vision, and disposition to lamentation and distress.—Sir B. Brodie, Lancet, 1832. Gardiner tells us it produces wasting diarrhoea sometimes, and obstinate constipation at others, with gastrodynia and violent vomiting.—Essay on the Effects of Iodine, London, 1824. Under its influence the mammae in the female, and the testes in the male, have been known to disappear. See Critson on Poisons, p. 180; also Cogswell on Iodine, p. 47.

If medical philosophers and sages are unable to determine the peculiar condition of the system which renders a *remedy* for disease a disease-creator, how shall the practitioner of ordinary skill be guided in his prescriptions? The United States Dispensary says: "A peculiarity of digitalis is that after having been given in *moderate doses* for several days without any *apparent* effect, it sometimes acts suddenly, with an accumulated influence, endangering even the life of the patient.

"When administered in quantities sufficient to bring the system under its influence, it produces a sense of tightness or weight, with dull pain in the head, vertigo, dimness, or other disorder of vision, and more or less confusion of the mental operations."

We might thus specify every important article used in the practice of medicine, and prove from standard authors, their liability to inveterate the pathological condition of the patient, only varying in degree, according to the power of the remedy; but enough has been said to satisfy even the incredulous, that drug medication is attended with a *degree* of danger at least.

There is one other expedient employed in the common practice, which, on account of its potency and great abuse, we do not feel at liberty to pass without a friendly salute. Not many years have passed since blood-letting was the remedy for all phases of acute disease, and many of a chronic character; and, although not so much practised as formerly, there still exists great apathy among the members of the profession in regard to the injurious effects of the loss of blood. In reading the treatment of diseases, laid down by different authors, one cannot repress an expression of surprise to see with what a reckless and prodigal profusion the vital fluid has been shed by the hand of science. Nor should it be thought strange that, in view of this waste of human life, and his want of success, the American champion of venesection exclaimed in deep humiliation, "We have assisted in multiplying diseases; we have done more—we have increased their mortality." Since the death of the venerable Rush, the experiments of various physiologists have proved the truth of his assertion, so far, at least, as blood-letting is concerned.

M. Louis, the medical luminary of Paris, has furnished a table showing the effects of bleeding in seventy-eight cases of inflammation of the lungs and pleura, and he declares *pain* was not arrested by blood-letting in a single case bled within the first four days of the disease; on the contrary, it "generally increased the succeeding twelve or twenty-four hours." In the table showing the results of cases bled the sixth day of the disease, he says the first patient was bled once, and his disease lasted thirteen days; the second twice, and the disease lasted sixteen days; the third three times, and the disease lasted twenty-three days; the fourth five times, and his disease lasted thirty-five days. The duration of the disease was, with one solitary exception, in direct ratio with the number of bleedings. Dr. M. Hall says, convulsions, delirium, mania, stupor, and sudden dissolution, are not unfrequently the immediate results of the loss of blood, and relates several cases which came under his own observation.—"Morbidity and Curative Effects of Loss of Blood." Of all experimenters, proving the deleterious effects of bleeding upon the animal economy, Magendie, the celebrated French physiologist, stands pre-eminent. He says to his class, "you must remember that the treatment by blood-letting, employed almost in every case of acute disease, but especially in pleurisy and inflammation of the lungs, is one of the means of inducing these very diseases in healthy animals; * * * and truth to say, I bleed my patients very little, and I do not perceive that they fare a whit worse than those of my neighbors." Whenever there is inflammation, either local or general, there is an alteration in the relative proportion of the constituents of the blood, the fibrin being in excess. It matters not whether there is a natural increase of the fibrin, or the red globules diminished, the result is the same. It needs no great amount of physiological knowledge to see how ready this state of things may be induced by impoverishing the blood by repeated venesection; but experiment places the matter beyond a doubt; there being a greater facility for replacing the watery portion than the red globules, it, of course, will produce an excess of the

former. Now, Magendie has shown that when there is an excessive proportion of water in the blood, it cannot circulate through the capillary blood-vessels, but stagnates within them, and "produces the various disorders which pathologists have vainly attempted to explain by the words *irritation* and *inflammation*." Not only is it a *theoretical* doctrine that bleeding destroys the relative proportion of the constituents of the blood, but it is proved by experiments. Says Magendie to his students: "You saw me produce at will, in animals, the majority of the striking phenomena determined by the most terrible diseases, for the relief of which art is powerless. You saw me give rise at my pleasure to inflammation of the lungs, scurvy, yellow fever, and typhoid fever—not to mention a number of other affections, which, so to speak, I called into being before you." The same author remarks: "When we observe obstruction of the pulmonary circulation supervene towards the decline of acute affections that have been vigorously treated by blood-letting, it is rational to suppose, that the escape of the blood from its vessels is due to *its having lost its normal or healthful proportions*." Not only does the loss of blood produce distinct diseases, but often changes the form of disease. Says Prof. Eberle: "The ordinary remitting fevers of the temperate latitudes, often terminate in intermitting fevers before the final disappearance of the disease. * * This conversion of form seems to be particularly favored by blood-letting practiced during the first few days of the fever."—*Prac. of Med.* vol. i. p. 135. Volumes might be filled with the most weighty arguments against depriving the system of its vital fluid, but we have time to notice only a few of the more prominent.

Not the *least* argument against this practice is found in the exceedingly tedious convalescence of those who survive it. Months often intervene between the cessation of the disease and the completion of the recuperative process. But we have limited ourselves upon this branch of our subject and must stop, though "still they come" and clamor for a place. Those wishing for a still further development of the subject are referred to the works of Clutterbuck, Hall, Magendie, and Lobstein. Possibly we may be accused of selecting the worst side of Allopathy, and we have no disposition to deny the charge; and our reason for so doing may be gathered from the following from the pen of Prof. Lobstein. "Were blood-letting and mercury," says he, "totally prohibited, a great many physicians would find themselves in a sad dilemma—their time easily disposed of. It is astonishing that so many physicians have fallen into this extravagance." We have endeavored to sustain every position taken by ample quotations from standard Allopathic authors, because the public are so familiar with the controversies of physicians, that but little weight is allowed to any argument emanating from an opposite party; but surely no one can dispute the legitimacy of our arguments, if out of their own mouths they are condemned.

"We should eat to live, rather than live to eat."

THE CROUP—ITS NATURE AND TREATMENT.

BY JOEL SHEW, M.D.

THE hot season, or time of bowel complaints, having passed by, and the period being at hand in which croup, a most formidable disease, will be found oftener to occur than at other times of the year, I propose devoting a short space to the consideration of this subject. And I will premise, that there is perhaps no other one disease, in the whole catalogue of human maladies, which parents have more to fear than this.

Croup is one of the most violent and dangerous of all inflammations. It affects locally the mucous membrane of the trachea, extending to the bronchia on the one hand, and to the larynx and sometimes the fauces on the other.

In most fatal cases a false membrane is deposited, lining the trachea, and extending often to the bronchia and fauces. Rarely this membrane is coughed up; but when even this apparently favorable effect has been observed, the membrane has been again soon reproduced, and death the result.

SYMPTOMS.—Croup generally comes on like a common cold. There is cough, generally slight, attended with hoarseness and sneezing, just as if the child had caught cold, and was about to suffer from a simple catarrh. In one or two or more days there is superadded to this state of things a peculiar shrillness and singing of the voice, as if sound passed through a brazen trumpet. At the same time, according to Dr. Cullen, who has well described the disease, "there is sense of pain about the larynx, some difficulty of respiration, and a whizzing sound in inspiration, as if the passage of the air were obstructed. The cough which attends it is sometimes dry; and if anything be spit up, it is a matter of a purulent appearance, and sometimes with fibres, resembling portions of a membrane. Together with these symptoms there is a frequency of pulse, a restlessness, and an uneasy sense of heat. When the internal fauces are viewed, they are sometimes without any appearance of inflammation; but frequently a redness and even swelling appear, and sometimes in the fauces there is an appearance of matter, like that rejected by coughing. With the symptoms now described, and particularly with great difficulty of breathing, and a sense of strangling in the fauces, the patient is sometimes suddenly cut off."

Dr. Cheyne describes the coming on of this disease as follows:—"In the approach of an attack of croup, which almost always takes place in the evening, probably of a day during which the child has been exposed to the weather, and often after catarrhal symptoms have existed for several days, he may be observed to be excited: in variable spirits; more ready than usual to laugh or to cry; a little flushed; occasionally coughing, the sound of the cough being rough, like that which attends the catarrhal stage of the measles. More generally, however, the patient has been some time in bed and asleep before the nature of the disease with which he is threatened is apparent; then perhaps, without awaking, he gives a very unusual cough, well known to any one who has witnessed an attack of croup. It rings as if the child coughed

through a brazen trumpet; it is truly a *tussis clausa*; it penetrates the walls and floors of the apartment, and startles the experienced mother. 'O, I am afraid our child is taking the croup!' She runs to the nursery, finds her child sleeping softly, and hopes she may be mistaken. But remaining to tend him, before long the ringing cough, a single cough, is repeated again and again. The patient is roused, and then a new symptom is remarked: the sound of his voice is changed; puling and as if the throat were swelled; it corresponds with the cough; the cough is succeeded by a sonorous inspiration, not unlike the kink in whooping cough; a crowing noise, not so shrill, but similar to the sound emitted by a chicken in the pip; (which in some parts of Scotland is called the roup, hence probably the word croup;) the breathing, hitherto inaudible and natural, now becomes audible, and a little slower than common, as if the breath were forced through a narrow tube; and this is the more remarkable as the disease advances."

The changes which indicate the different stages and degrees of danger in this disease, may be stated as follows:—

1. There is a ringing, croupy cough, to which many children are liable upon taking cold, more particularly those who have had an attack of the croup, attended with little or no change in the breathing or sound of the voice. This first is a state which is rather a forerunner of a severe attack of croup. It is often without danger. It points out to us the children who are most liable to croup.

2. The unusual, shrill, croupy cough, with difficult breathing, the necessary supply of air being with difficulty inspired, from the obstruction of the passage. The voice is altered, broken, both hoarse and puling. The difficult breathing in croup has been compared to the sound of air passing through thick muslin. "It rather appears," says Dr. Cheyne, "like the sound of a piston forced up a dry pump." It varies considerably, however, for it is either like the sound to which it has just been compared, dry and hissing, audible in different degrees, or, when the swelling and spasm of the larynx are greater, it is crowing, and sometimes creaking and suffocative. Under this extremity of difficult breathing children are said sometimes to perish. In this stage, when, with the croupy cough, the breathing becomes difficult, a serious attack has commenced, and the child is in danger. In this state the skin is warm, the tongue is white, the pulse full and quick, and the countenance much flushed. The usual mucous secretion is interrupted, the patient, if not an infant, is timid and apprehensive, and the eyes are heavy, watery, and blood-shot. The degree of danger is now to be estimated by the breathing.

3. The cough and voice are stridulous; the respiration is difficult, laborious, creaking, sometimes suffocative, varying in the degree of difficulty and laboriousness. This state denotes what is termed the second stage of croup, or that of effusion, which has by many been considered hopeless. In it the face is still flushed, but with marks of defective circulation. The lungs no longer purify the blood. There is a purple redness of the cheeks, eyes, and nails. The complexion is often mottled, or the flush on the cheek is circumscribed.

The pulse is smaller, and very quick; the urine has a sediment in it; the eyes are prominent and blood-shot.

4. The voice is whispering and low; the cough less frequent, and not so audible as before. There is the act of coughing, without the sound. The respiration becomes more difficult and hurried.

This is the last stage. It is called morbid, because the trachea is lined with the effusion, or false membrane; the face is leaden, and the eye dull and filmy. The extremities are cold, and perhaps swelled. The muscular power is exhausted, and the child nearly insensible. In this state death may take place at any moment.

TERMINATION.—More commonly croup lasts two, or three, or four days only. In some rare instances the patient lives seven or eight days, or even longer. It is possible for it to terminate in death in twenty-four hours. In favorable cases, the cough becomes by degrees less frequent and severe, and at the same time more loose; the breathing becomes more easy, and the pulse less. In many cases, too, there will appear sometimes a very considerable amendment in all the symptoms, so much so that the parents, and perhaps the physician himself, is led to regard the patient as out of danger. Soon, however, the most fearful aggravation takes place—death soon closing the scene. We cannot account the patient safe until he has passed at least one night without a return of unfavorable symptoms.

AGE MOST LIABLE.—This disease does not often, though sometimes, occur during the first year of life. It happens probably most frequently during the second year. The third year is, also, one in which a good deal is to be apprehended from it. From the second year to the age of puberty constitutes the period at which there is most liability to it. It may, however, occur at any age. I have myself treated not less than three marked cases of this kind, all of which were cured, though very severe attacks. I am not able to say whether croup is more dangerous in children or adults; but I am led to believe that a grown person has a better chance of recovery, from the fact that he is much less liable to it.

If then, according to the above description, the symptoms and progress of this most formidable disease, come on in a manner generally so obscure and stealthy that even an experienced person may fail to detect them, how careful should every one, and especially every parent, be in learning, as well as he possibly may, how to detect the very beginnings of this fearful malady? How careful, too, should he be in studying ever diligently those laws of health, by the observance of which this disease may, with almost inevitable certainty, be prevented? That an ounce of prevention is better than a pound of cure, is nowhere in the wide world more true than in regard to this disease. How much easier and better it is, by constant care and diligence, to prevent an attack of croup, than it is to have to send after a physician in the dead of night, and to run up a heavy bill, which you are, perhaps, poorly able to pay, not to speak of all the pain and agony which your child must be brought to endure, and probably to be lost in the end by suffocation, one of the most horrible deaths that can be conceived of? I repeat, when all these considerations are taken into

the account, every parent and every philanthropist must be convinced of the great importance of learning and carrying out in practice all things possible in regard to the preservation of the health of the young and innocent beings which the Almighty has committed to their care.

But it may be inquired by the anxious parent, "How are we to know an attack of croup, its first symptoms, and what are to do, in spite of all our care and watchfulness, our children yet become the subjects of an attack?" In answer to this question, I remark, first, Do not become frightened at every little attack of cold or cough which the child may experience; and yet there is little danger of being too careful. Suppose you should be deprived of a night's rest, or that you should send for a doctor unnecessarily now and then; suppose even that you should do this a hundred times, how much better would it be than for you once to doze away your time carelessly, and then awake finding your child in the very jaws of death? Ask the physician who has been obliged to watch the progress of this dreadful malady, in a neglected case, or the anxious mother who, in pain and suffering and tears, has reared her child to the age of two, or three, or more years, and then, through carelessness, has been obliged, day after day, to watch the coming on of a most fearful death; ask these, I say, if it is not a thousand times better to sit up all night, or to send for the physician, than to err on the other side—to let the disease go on to a fatal stage, before anything is done to arrest it in its progress of death?

In regard to the second part of the query, a good deal is to be said. In principle it is a very easy thing to treat croup; but the details of practice are not so easily understood. That croup is a highly inflammatory disease, let it always be remembered. It is, as before remarked, one of the most rapid and dangerous of all inflammations, an inflammation, which, if not soon arrested, is very liable to end in death.

TREATMENT.—Croup being, as I have remarked, one of the most violent and dangerous of all inflammations, a proper knowledge of the best method of treating it is a matter of the greatest importance to all who are in any way interested in the management of the young. How awful would it be for a parent to know that he had lost his child—an only one, perhaps, the very pride of his life—for the want of a little knowledge, such as any person of good common understanding might easily possess? A parent goes to rest at night, when the child has been uncommonly playful during the evening. In the night he is attacked with this most dreadful malady, and before the sun shines in the morning, oftentimes he is past all hope. That such an occurrence not unfrequently takes place, every well informed physician sadly knows. Shall not, then, those who are parents—those whose privilege it is to be in that most interesting of all social relations—take heed to my humble admonitions for their good? I know it may be said, that it is only the physician's business to be acquainted with disease. But does it not often happen that the physician cannot possibly be obtained before an attack has done its fatal work? And is there danger of any one learning too much on so important a subject as that of disease?

Croup, then, being one of the most rapid and severe of all inflammatory diseases, the treatment, it will be inferred, must be prompt and decided, in proportion to the exigencies of the case. As in all severe inflammations, it must be such as is sufficiently powerfully to pervade and affect the whole system. I know it is generally true that the people, and too often the physician, directs attention for the most part only to the local means. But this will not suffice. The disease, although local to a certain extent, affects powerfully the whole organic domain. Besides, we can always affect a local part most through general means.

As to the best guide in the treatment, we should look well to the pyrexia or general feverishness of the body. If we keep this well subdued from the first, I do not see how it is possible for a child to die of this disease. A high degree of inflammation must prevail, and that for a considerable time, before the fatal effusion in the throat can take place. If, then, we subdue the inflammation sufficiently early, and keep it subdued, we must necessarily be successful in the cure.

"But how are we to know this state of feverishness in the system?" it is asked.

I answer, every parent should know all about the pulse of children. They should know what it is in sickness, and what in health. Then they have an unerring guide, by which to ascertain the existence and extent of an inflammatory action. And I will remark, for the benefit of those who may be ignorant on this subject—and I fear that most parents are—that I am now engaged in writing a work on the "Diseases and Management of Children," which I shall endeavor to make a good work, and deserving the title it is to bear. In it I shall hope to show parents how they may, in many cases, treat their children by that most valuable of all remedial substances, WATER, in the most humble and distant cabin, as well as elsewhere. And in doing this I shall not detract from the dignity and calling of the physician, but, on the contrary, aid the profession; because the more intelligent the people, the more are the services of a true physician appreciated and understood.

The heat, too, as well as the pulse, is to be taken into the account. Any one of common observation can tell by the feeling if a child is becoming too hot. Mothers especially are adroit at this: they know right well, most of them, if the child is becoming too warm. They notice, too, much more than we fathers are apt to do, any little disturbance in breathing or the sleep. "My child is sick; it does not sleep well, and is feverish," we often hear them exclaim.

The "croupy" cough, which is generally pretty well understood, also serves to a considerable extent as a guide. If a child coughs badly, we may know it is sick, and should be forthwith attended to, whether in the night or the day. Suppose it is not the cough of the croup; it is yet an unnatural thing, the sooner to be prevented the better. If we wash and rub the chest with the hand wet in cold water, and put upon it a wet bandage—methods that are always salutary for a cough—we do good, although the attack may not prove to be one of croup. So, too, if the child is feverish; it is better to prevent that fever, although it should prove to have no relation whatever to this disease.

In a violent attack of croup we could hardly do too much until it is subdued. Sometimes it may be necessary to bathe the child every hour, or even oftener. At all events, we should give baths enough, change the bandages often enough, and wash and rub the chest sufficiently to keep the breathing good and the croup in check. There is no need of chilling the body too much, particularly the feet. The child may be held in such a position over a tub, that in pouring water upon it the feet are not at all exposed. If it be in the night, the water very cold, and the child becomes a good deal chilled, it may, after putting wet bandages about its throat and chest, be placed between two persons warmly in bed. But in these circumstances care must be taken lest the child be smothered and made too hot. In that case, the breathing would very soon indicate the mischief going on.

Tepid and cold affusion—tepid if the child is weak, but cold if the contrary—with wet hand friction upon the throat and chest, with the constant use of wet bandages upon these parts, constitute the sum and substance of the best of all known methods of treating this disease. Tepid injections to the bowels are also useful, and the means are to be followed up as many hours or days as there may be a need. Nor should the treatment be left off too soon; for it should be ever remembered, that always after an attack of croup the child is more than before liable to it. Both in reference to the prevention, as well as the cure, this fact cannot be too well remembered.

This treatment, I repeat, constitutes the best of all known methods for curing croup. I do not know, in the whole range of medical experience, anything which is more calculated to make a man thankful, than to be possessed of a knowledge of so good a remedy as cold water in this disease. When one's child is suffocating, just ready to die for the want of breath, if a suitable cold affusion is administered, I do not know what can make him more thankful than the most sudden and wonderful relief obtained. Nor do I know of anything in the whole range of the medical profession more calculated to inspire us with feelings of reverence towards the Giver of all good.

Before closing the subject of the treatment of croup, I will make a quotation from high authority, showing the good effects of the cold water treatment in this disease; a quotation which shows, by the way, that there are at least some in the profession who are ready to adopt any measure, so that it promises to be a means of benefit.

Dr. Good, in his "Study of Medicine," gives an account of Dr. Harden, of St. Petersburg, after every other remedy had failed, of venturing upon cold affusions in this disease. He first tried it, in a fit of despair, upon a child of his own, eighteen months old. The child was placed in a bathing tub, with its belly on a cushion of hay; and a pail of water, at 12° Reaumur, (59° Fah.,) was then poured quickly from the head along the spine. The symptoms, after the first affusion, soon diminished; the operation was repeated at intervals ten times, and the child recovered. Dr. Harden afterwards employed the affusion with like success in the first stages of the disease. Dr. Miller also, another physician of St. Petersburg, was,

according to Dr. Good, still later, as fortunate as himself in the use of the remedy.

PREVENTION.—I have reserved this most important part of the subject for the last, so as to make, if possible, a stronger impression upon the mind of the reader; and I remark, it is more easy, as well as incomparably better, to prevent croup than it is to cure it, even by the best treatment. But prevention is a work in which the physician gets generally very little credit. Who would think of ever paying a physician for instructing people how to prevent disease? And yet his time is as valuable to him as that of others is to them. He, as well as others, must make his time money; and if it be his unpleasant calling to be obliged to earn his living from the misfortunes of mankind, he must be paid for his time notwithstanding; and paying him for teaching you in the methods of prevention is incomparably better than to be obliged to employ him to cure.

I remark, then, in regard to the prevention of croup, that daily cold bathing holds a most important place. When I say *cold bathing*, I mean in a general sense. I have elsewhere remarked, that a cold bath is not necessarily a *very* cold one; in other words, that *tepid* bathing is in effect *cold*; cooling and tonic to the system; so that we are not under the necessity of using the coldest water, or in any way of doing violence to the system, when we wish to administer cold bathing to the child. I have studied and observed these things now for a considerable number of years, and I have become more and more convinced, that children are often subjected to water of a temperature too cold. I do not believe it necessary ever to use water for a young child lower than 60° Fah.; and I am of the opinion that water, at from 70° to 80° is much preferable to any other for general use. I know I have, over and again, in the winter time even, subdued some of the most violent of inflammatory diseases, using no water at all externally lower than 80° Fah. And certainly if we can cure a disease by the use of so mild a means, we ought not to resort to a stronger. Always the milder the means, provided it be adequate to the object, the better the result. In regard to daily bathing, then, as well as in cases of disease, I would use the water for a child of my own at from 70° to 80°, somewhat cooler in winter than in summer, but at no time ordinarily lower than 70°. Not indeed that it is necessarily dangerous to plunge a child into the coldest water, for we know that this is often done. They bear it, many of them, but some have been killed by the practice. I would bathe the child always in the morning on rising; and so long as children are liable to become soiled in any way by the natural discharges, or to become dirtied by playing or crawling about upon the floor or ground, it is absolutely necessary to wash them more than once a day. Morning and evening will often be sufficient; but a shallow bath, at 70° or 80°, could hardly be harmful at any time. At all events, the strictest cleanliness should at all times be observed. Let a child roll in the dirt, or play upon the floor, at all proper times; but he should not on any account be allowed to pass the night without a thorough ablution being performed.

There is one method of treatment which is emi-

nently calculated to ward off attacks of croup, as well as all other affections of the throat and chest. This is by frequent friction with the hand wet in cold water—and we care not how cold for this application—upon the throat and chest. This practice is found to be eminently successful in strengthening the throat and lungs, and in warding off colds. It cannot, indeed, be too highly prized.

So, too, all good rules in regard to air, exercise, clothing, and diet should be observed in the prevention of croup. And surely, when we consider how much a mother must go through with in bearing and bringing forth a child, how great a blessing it is to have children, and how hard to part with them, may I not bespeak a more than ordinary degree of attention to this subject. I have written, doubtless, too imperfectly concerning its importance. But as an apology I may state, that a large part of what I have here said has been written in the night-time, after a day of severe toil, while passing up the Hudson. In my forthcoming work on Children, I will endeavor to do the subject better justice. Meanwhile I trust this article may be the means of doing some good. I have before written articles under similar circumstances, and through the knowledge gained from them parents have believed the lives of their children to have been saved.

SICK STOMACH—MILK SICKNESS—TREMBLES, OR DRY MURRAIN.

BY R. L. ANDERSON.

THIS is one of the most fierce and formidable diseases with which the human organism has to contend. And it is rendered doubly painful from the fact, that medicine in it is worse than useless, for it is positively injurious, always augmenting the malady. And although patients sometimes recover from its attacks, yet they are always considered as ruined in their constitutions for the rest of their lives. I believe, that were the people of the infected districts to have a choice between an equal number of cases of this disease and the Asiatic cholera, they would invariably choose the latter; at least this is true so far as I am informed, and I now write from one of the infected districts. It has been my lot, in a practice extending over two years, to witness and treat only one case of this human as well as animal scourge, and one which it is my duty and purpose to detail, at the same time making some remarks on its *Nature, Effects, Cause, and Treatment*.

1. As to its *Nature*. This is clearly made known by its name, "the Sick Stomach," which in recent cases exhibits all the phenomena of gastro-enteritis, or inflammation of the stomach and alimentary canal. One wholly ignorant of the disease would pronounce it just what it really is, "the sick stomach." It is also called the "Trembles," from the fact that a *trembling* or *twitching*, in severe cases, perceptible to the eye, takes possession of the muscles of the patient. But in less severe cases it only attacks certain muscles of the body, as of the legs, &c., at a time. It is called *Milk Sickness*, from the source from which it is generally believed to arise.

The external pathological phenomena of this

disease may be put down in the following brief analysis. Shortly after the person contracts the disease, he suffers from thirst, nausea, vertigo, confused or imperfect vision; vomiting often ensues, followed by violent fever, the exacerbation subsiding at irregular intervals. The pulse is exceedingly various, sometimes strong and full, at others tremulous, small, and corded. *Constipation*, which exists from the beginning, becomes more and more obstinate towards the fourth day. The skin also about this time becomes more hot and parched, the eyes are red and suffused, there is very great restlessness, and all the secretions are scanty. Towards the sixth and seventh days excessive debility takes place, with very often paralysis of the tongue and other parts; and soon after ensues stupor, cold clammy sweats, convulsive hiccup, an offensive cadaverous odor, and *death*. It is variable in its attacks; sometimes it comes on suddenly, at others it will be slow in its progress, and not exhibit its specific character for several days. This is what renders it so dangerous to treat it with medicine, for a *single dose* will often assist to bring it on in all its worst forms, by sickening the stomach, and thus destroy the patient, who might otherwise be saved by judicious treatment.

2. Its *Effects* upon the human system are to dry and even parch the skin, until this integument will peel off the hands and feet. It creates awful internal distress, by the entirely torpid state of the stomach and bowels. And this brings on a state similar to *Hydrophobia*, causing the patients often to exhibit most of the characteristic symptoms of this fearful malady. A lady of my acquaintance here informs me, that she has seen them try to bite their nearest and dearest friends; and she has herself been giving them drink from the spout of a tea-pot, and they have bitten it quite off with seeming madness from the painful condition of their bodies. And thus patients often excite in the minds of the bystanders the deepest horror, *when under medical treatment, by their sufferings and piteous cries for WATER, not only to cool their burning calomelized tongues, but their whole scorching bodies*. Cattle and other animals die of this disease, and, when opened, exhibit a most perfectly dry state of the stomach and intestines; this has led persons to call it "*dry murrain*."

3. The *Cause* of this disease has been considered as obscure, some attributing it to one cause, and some to another. The same cause which has given rise to autumnal fevers has been supposed to give rise to this disease—Arsenic in the soil. A plant called Indian Hatcher, and the Rhus Toxicodendron have been supposed to cause the disease.

One thing, however, is plain, and that is, when it is found to attack man, it must be attributed either to the milk, cheese, or flesh of an infected animal. This is the universal belief of the common people in the infected districts. Sucking calves have also been affected with the disease, and while drinking have fallen down as suddenly as if struck with an axe, and the milk would gush from their mouths. Milk cows are not affected with the disease, while dry ones, oxen, &c., are suddenly destroyed. Dogs and hogs have also contracted the disease from the milk and flesh of dead carcasses. This shows that poisons or medicines may lie dormant in the animal economy for a long time, and

then develop disease, and cause death, the person not at all suspecting the cause. This should warn us against poisons, whether the doctor calls them medicines, remedies, or what not. Poison is poison, and medicine is only a scientific name for it, Pitch cannot be handled and the hands not be defiled. Fire taken into the bosom will burn. So it is with medicine; it is poison, and it must and will do you an injury, sooner or later.

4. The *Treatment* of this disease is, after all, the great and paramount consideration; for what good will it do a sick man to stand and define, and examine, and then pronounce the disease to be what the patient already feels, the "sick stomach," and yet have no remedy?

I must repeat it here, medicine is a positive injury; and, as a general thing, the man who goes for an M. D. might just as well take the patient's measure with him, and call and leave it with the undertaker, and thus save one trip, by, as we say, killing two birds with one stone. Indeed, this ought to be done here in flux also, as well as many other diseases. Should this disease become common, or endemic, in any region, the best thing that the inhabitants could do would be, to take the advice of an old man in this region, when the small-pox was among us. Said he, "Take the doctors, and chain them in their shops; for they are not only a nuisance, but a curse in this disease." So I say Amen in most other bad diseases; for they destroy more than they save.

But this matter is not so with the Hydropath. He has what may be properly termed a specific in this, as all other diseases, which, if it does no good, can do no harm.

The case I have to report is one that came on slowly, but it was not the less severe when it exhibited itself in its specific form. I was called on the fourth day. From what I saw (for he was then snugly rolled up in the wet sheet pack) I could only say it was inflammation of the stomach. But after a few days it exhibited unmistakable signs of milk disease. This was made known by the odor exhaled from his body. This is the only infallible index to a knowledge of this disease.

I will not take up space in detailing the treatment, but suffice it to say, he had most thorough water-cure treatment, and that applied to suit the indications. And I must say, that the manner in which water responded to the indications of the laboring organism, when judiciously applied, seemed to delight its friends, and bewilder and confound its opposers.

In concluding, I cannot but applaud the man's courage who will, under such a disease, bravely face danger and opposition, prejudice and ridicule, and, in the very face of the old iron-hoofed tyrant custom, place his confidence in the *indwelling power of nature*, and the simple process of water-cure.

But finally, the husband, the father, and the citizen, is restored to the bosom of his friends by a speedy restoration, and that attributable alone to water-cure.

O, how soon would this world be relieved of one of its most dreadful curses, if they would take the advice of the good apostle, "*Have your heart sprinkled from an evil conscience, and your body washed in pure water.*"

Yellow Springs, Ohio.

SPRINGFIELD BLOOMER CELEBRATION.

BY A PATIENT OF THE WATER-CURE.

THE ladies of Springfield Water-Cure, adopting as they have the **BLOOMER COSTUME**, thought it due to themselves, **MRS. BLOOMER**, and a long train of pale, consumptive, long-skirted, tight-laced, delicate females, to make a public demonstration of their thanks for the invention of so convenient, healthful, beautiful, and comfortable a dress. We have temperance, fourth of July, and other celebrations; but to see women celebrating an invention which will save thousands from a premature grave, and thousands of others from the sufferings of hereditary disease, is an act over which angels must have wept for joy. And it is due to those blooming (Bloomer) hearts to say, that I never attended a celebration where such a reforming spirit was manifested as on that occasion. On Wednesday, August 13th, at 3 o'clock P. M., the inmates of the Water-Cure, men, women, and children, retired to a beautiful grove, one-fourth of a mile east of the Establishment, for such a celebration—a spot which, of itself, is enough to inspire one's soul with love for the Author of nature, and admiration for his beautiful and glorious works. It was a rising slope, from which the eye could survey hills and mountains in every direction, and for miles the beautiful and majestic Connecticut, which is one of Nature's own Water-Cures. The exercises commenced by adopting the following Resolutions:—

Whereas, Fashion is a tyrant trampling upon the laws of Nature, thereby defacing the image of God, and destroying the health, happiness, and life even of innocent men, women, and children: Therefore we are

Resolved, No longer to be governed by its fierce or oppressive mandates.

Resolved, That our good old mother Nature dresses in Bloomer costume, and we will follow her example, regardless of the superstition and bigotry of the masses of the community.

Resolved, That we will not squeeze out the last spark of life, but will give the lungs room to expand, the heart room to perform its regular pulsations, that we may breathe the free air of heaven, and feel our blood coursing naturally through our veins.

Resolved, As God made coats for both Adam and Eve, (Gen. iii. 21,) so we have the same natural and inalienable right to wear coats, Bloomers, or any other dress that we find most conducive to health, happiness, and longevity.

Resolved, That we will perform the office of scavenger, street-sweeper, and mud-catcher no longer, believing it to be business which does not naturally devolve upon us.

Resolved, That we will not only shorten our dresses, and fling whalebones and stays to the wind, but we will curtail our minds of all superstitious dogmas, and breathe the pure air of physical, intellectual, moral, and spiritual reform.

A speech was then made by a Water-Cure patient, Rev. Samuel Henry, the great apostle of peace, and a pioneer in every reform which has for its object the coming of the kingdom of Christ upon earth. There was but one fault with the speech, which was this: there was so much of the

spirit, sublime eloquence, stirring oratory, and commanding appearance of his grandfather, Patrick Henry, that it was utterly impossible to report it. His audience was completely enchanted, and swayed to and fro, like a reed in the wind, by the native genius and talent of the good father, as he showed up the wicked fashions of the day, by his witty expressions and pithy remarks. And his bitter denunciations and biting sarcasms on the old form of dress were enough to sink every woman in the estimation of the whole civilized—yes, and savage world—who is afraid because of popularity to wear a Bloomer. My memory cannot report it so as to do it justice.

Then came the following speech from Dr. Snell, the Physician of the Water-Cure:—

LADIES AND GENTLEMEN,—We congratulate ourselves, and one another, this day, not for deliverance from the British yoke, but from the despotism of a pampered and vitiated appetite, and from the death-grip of the corset string. The chariot of improvement is on the march. Who will follow? We have waited till the whole community, or rather the older members of it, have become paralyzed with the calls for improvement and reform for the present generation. Something must be done, and I fear nothing will be, till some emerge from our own ranks, (as a few have done,) as the drunkards did from theirs to reform themselves. If anything is done, we must do it. We have remained in lethargy long enough, till the rust which has collected on our armor, will almost fall by its own weight. This call for reform is no new one; it comes thundering along down the declivity of more than two long centuries. Its notes have not died away, but may now be heard reverberating among our hills and rock-bound cliffs. The question comes from the precepts and example of our fathers—a voice, I say, comes, "Children, tell us, will you do half as much to perpetuate the principles of freedom, improvement, and reform, as we have to establish them?" Are we sufficiently awake to a subject of so much importance? We can discern the face of the sky, but can we not discern the signs of the times?" See you not in the three score Water-Cures that bestud the hills and dales of our free States—see you not in the bubbling spring as it gushes from yonder mountain-brow—see you not in the tasteful Bloomers that are before us, the germ of an influence which is soon to burst all restraint, increasing in influence and power till the last vestige of superstition, bigotry, and sensuality are swept from our land? Does it not call to action and effort? Christians may pray, but it will all be in vain if we do not act. Let us cluster around the standard of improvement, and search for truth. It may be found, although buried deep beneath the rubbish of tradition and party prejudices. Shall we, who, compared with the past ages, have been exalted to heaven, as it were, in physical improvement; shall we, who make the lightning our swift-winged messenger to bear our thoughts from sea to sea, and from the river to the ends of the earth; shall we, who call into being our iron horses, which rest not day nor night, but come hourly foaming and thundering along their iron track; shall we, who can bind the hitherto un-

tamed elements, and lay them passive at our feet; I say, shall we remain bound in the chains and cords of the tyrant Fashion, and be the unwilling slaves of a vitiated and pampered appetite, and allow our throats and stomachs to become the sink-holes of the pill-doctor and apothecary?

Hark! listen to the tone of yonder village bell. It tells the death of a once beautiful bud, just bursting into womanhood. Here is another martyr to that tyrant who forbids a bath as an unholy thing, and who gathers in the ribs until his votary differs from the wasp only in size. The friends are consoling themselves with the blessed assurance that the Lord hath taken away, and blessed be his name. But who can fathom such superstition and ignorance? When this subject is felt in all its untold importance, then will each blade of grass become a sermon, and the whole creation of God a dictionary, by which we may learn the first principles of our nature.

The remainder of the Doctor's speech, which was full of truths designed for *home consumption*, neither time nor space will allow us to give. The speech was enthusiastically received, and warmly cheered, after which L. L. Ruggles was introduced to the audience. A short extract of his speech is the following:

BLOOMERS AND GENTLEMEN—As I came out this morning to examine this grove for this celebration, I here met a most lovely, fascinating, and beautiful lady, richly dressed in a Bloomer costume. Though rather an elderly lady, yet she looked as bright, pretty, and intelligent as ever. Her petticoats were of the most splendid and showy green, her dress and covering was of the most magnificent blue, tinged with the purest white imaginable. From her eyes radiated health, intelligence, and joy. Would you like to know her name? It was Mrs. Nature. See her here to-day, with her healthy, rosy-cheeked children around her, smiling with joy at such a scene as this. Yes, every spot of the good old lady's face is wrinkled with smiles to see her sons and fairest daughters thus returning to her domicile, after wandering away from her fostering care; after partaking of the apple of unlawful indulgence; after eating of the luxuries of life, such as dyspepsia, hypochondria, apoplexy, rheumatism, gout, fever and consumption; after stuffing ourselves with the dry, musty husks of fashion and custom; not that which the swine did eat, for they won't touch them. O no; they know better than to eat such food. Just as soon as we are ready to return to our mother's house, she runs out, followed by her blooming children, health, comfort, happiness, wisdom, joy, peace, and prosperity, to embrace us. Yes, we have at last arrived at her beautiful mansion. Don't we begin to feel at home here? I do. The elder brothers and sisters, to be sure, are unwilling to come in, and they feel a little wrathful because we have got the fatted calf of Bloomerism; but if we can only get them down to the Water-Cure, and get them into the plunge, we can cure them of that disease most quickly, and they will then rejoice with us.

Point, if you can, to a single spear of grass, a single flower, a single tree, which is not dressed in a Bloomer costume. All nature is Bloomerized. But can't we trace this invention back a few thou-

sands of years? "Unto Adam also and to his wife did the Lord God make coats of skin, and clothed them." So you see Eve was the first Bloomerite. But what a pity it is that the uppertend and upper-crustdom of the present age were not there, to inquire if they got their fashions from Paris; and a large number of our tea and coffee-sipping, tight-lacing, delicate, sickly piano-playing ladies, to tell Eve of the impropriety of wearing a coat like her husband's; or a few snuff-taking, tobacco-smoking old women, to have told Eve that the world would be ruined if she got to wearing Bloomer dresses. "But," says one, "it isn't the fashion." Neither is it the fashion to live a holy Christian life. Christ was a martyr to fashion. If he had believed, and acted, and dressed just as the Jews had, he would never have been crucified. Had Socrates believed in heathen gods, instead of one true God, he never would have been compelled to drink the poisonous draught. "But," says another, "it can't succeed." But whoever says this is not at all acquainted with the nature of the fair sex. Ah! woman,

"They think to quench a spirit such as thine:
Fling fetters o'er the main, or quench the sun divine."

Still the raging tempest; bind with chains the billows of the mighty ocean; roll back the thundering waters of Niagara; ride a streak of lightning; fight a clap of thunder; but never think of quenching that holy, divine spirit of reform which reigns supreme in the breast of woman. It lives to-day, and it will live for ever. Command me to scale the battlements of heaven, and hurl the thunderbolts of Jupiter at the opposers of Bloomerism, but never to roll back the mighty influence which women are exerting to free the world from darkness, ignorance, and superstition.

Bloomerism is destined to ride triumphant over all other isms, a proof of which I have before me here to-day. Ladies, go onward. Write on, talk on, influence on, celebrate on, until every whalebone and draggling dress shall be, like the guillotine and gallows, placed among the relics of barbarism.

The tables were then cleared of their contents; and you need but be acquainted with the hostesses of the Water-Cure, to know that they were beautifully spread, and richly adorned with flowers. After which twenty five regular toasts were read, among which were the following:—

The Old Bachelor.—Let him but witness one full-dressed Bloomer, and he would either commit suicide, or at the hymenial altar stand by Susan's side.

The Ladies of the Water-Cure.—May they die of old age, and not old maids.

The Doctors of Springfield.—May they soon receive the truth, and their patients be saved from a pill doctor's grave; their errors be washed away by the force of the spray; if then there be any lack, we'll give them a pack.

The Old Maids.—If they will only dress in Bloomer costume, I will be responsible for their market long before leap-year.

Cracked Wheat.—Like the thundering waters of Niagara, it always carries every obstacle before it.

The Ladies.—May they, by the aid of Bloomer-

ism, exchange the ghastly countenance for the rosy cheek, the consumptive cough for the hearty laugh, the feeble step for the athletic jump, and dark and gloomy hopes for bright expectations and happy realities.

The Ladies of the Water-Cure.—The pioneers of reform. May their lives be as long as the frocks they have worn, and their cares as much less as the length of their present dress.

The Doctor of the Water-Cure.—Whose heart is as large as his body.

Bloomerism.—It is yet destined to go ahead of all other isms.

Volunteer toasts were then given.

Music was interspersed; not by stringed instruments, or brass horns, but it came from the soul, and made the forests and hills resound with the praises of Bloomerism and Cold Water. The scene closed by singing Old Hundred; and I think this the most spirited, animated celebration I ever attended. Many thanks to the ladies of the Water-Cure.

BOWEL COMPLAINTS.

BY E. A. KITTREDGE, M. D.

Under this general head are classed all the diseases which have for a prominent symptom diarrhoea, or "looseness," which I need not tell any one at all conversant with pathology, is not simply erroneous, but productive of much mischief.

For instance, the ignorant "doser," supposing his frequent discharges to be caused by disease in the bowels, will be very likely to make a bad matter worse by directing his remedies, as he facetiously calls them, to the cavities thereof, if the disease, as it almost always is, is in some other part.

To illustrate: If a man has irritable liver, or certain kind of inflammation of the stomach, or peculiar disease of the brain, and the bowels in consequence become irritable, and get up a "drain," to save the system from the dangerous effects that would otherwise ensue; or, what is more common still, if the pores of the skin become useless, from neglect of cleanliness, &c., and the bowels take it upon themselves to make a vicarious atonement for the skin, any one will see the unreasonableness of whipping the bowels, for doing that without which the patient must inevitably have died.

In other words, morbid discharges from the intestines mean something, and it behooves every one to ponder the "writing upon the wall," and find out its true significance, even at the risk of finding themselves "wanting."

Let every man, when thus afflicted, make strict inquiry into the cause or causes of the discharges, and if successful in finding them, let him set himself immediately about the removal thereof. If, on the contrary, he cannot satisfy himself of the cause, or succeeding in that, fails in removing it, let him by all means secure the services of some judicious hydropathic physician, and not tamper with the system as he would with an old watch, guessing, "this will do it," and "that will fix it."

The most common, though not perhaps the immediate cause of too frequent discharges from the bowels, is *over eating*.

The immediate cause is, sometimes excessive heat, sometimes the eating of improper substances, or at improper times, sudden change of an habitual eruption on the skin to the internal organs, mental anxiety, &c., &c.

"But supposing we are not blessed with a hydropathic physician, and don't know much ourselves, what shall we do?"

In that case get the advice of the most judicious and experienced of your neighbors, &c.

I can only give you general directions:—

First of all, let me say, it will be perfectly safe to wash the body all over; and if it be a long while since it was washed, a repetition will not be amiss! And here I would say that washing the body all over is not simply to cleanse the skin, but it will often do more towards cleansing all the other organs than anything else in the world, simply by the impetus given through the nervous system to each and every one of them.

This shock of the cold water, so shocking to many, is one of the main laws of hydropathy, the reaction which it produces bringing to the surface what ought to have been there long before, but which no power possessed by drugs could ever by any possibility drive there.

Secondly. I lie not when I say, that in my opinion it is within the bounds of prudence to stop eating when you have "bowel complaint" of any kind, especially when nature stops the appetite.

The due adherence to these two simple rules will stop two-thirds, at the very least, of all the bowel complaints, of whatever name or nature. And no man is justified in using any more violent means till he has tried these.

If these fail, as in bad cases they will, the sitz bath, wet sheet, injections, half baths, &c., &c., according to the case.

If the cause be disturbance in the liver and digestive organs generally, sitz baths at 60 and 70, if the patient be feeble and cold, of from ten to twenty-five minutes duration, repeated once in four hours, will be all-important.

Wet sheet of thirty minutes, or sixty if not uncomfortable, one or more times each day, will be found highly serviceable, especially where there is a great deal of pain.

If the head be primarily affected, long-continued foot-baths, in conjunction with sitz-baths, will be useful.

Injections of slightly tepid water will be very useful in all cases, especially in dysentery; they must be repeated according to the urgency of the case, every hour sometimes.

But, above all, stop eating.

It will be in vain, in most cases, to try to do any thing, while the patient is guzzling down gruel, &c., as the irritation is directly aggravated thereby. Drink nothing but cold water. Keep quiet, avoid company and excitement, and fear not; and if you have any kind of care and constitution, you can't help getting well.

A man of average size requires half a ton weight of water a year; and when he has reached the meridian of life, he has consumed nearly three hundred times his own weight of this liquid.—
PROF. DRAPER.

New-York, Oct, 1851.

THE WATER-CURE JOURNAL is published monthly, in New York City, at ONE DOLLAR a year, in advance.

ALL LETTERS, and other communications, relating in any way to this Journal, should, in *all cases*, be post paid, and directed to the publishers as follows:

FOWLERS AND WELLS,
No. 181 NASSAU ST., NEW YORK.

OCTOBER MATTERS.

BY R. T. TRALL, M. D.

THE SCIENCE OF NONSENSE.—Some persons, who are inclined to the use of harsh epithets, have called the drug-system "The Art of Killing." As we have nothing to do with the *moral* aspect of the question, we prefer the more classical term, "Science of Nonsense." It is nonsense, in one sense; for there is no sense in it. It is nonsense systematized. It is a series of nonsensical vagaries reduced to fixed principles of palpable absurdity. The art of doctoring folks with all sorts of drugs, and every kind of destructive, has been called "the science of medicine," and allopathic medical journals are constantly teeming with new discoveries and great improvements in "the healing art," nine-tenths of which amount to nothing more nor less than some additional contrivance for getting a greater supply of drug-poisons into the human system.

Those who feel saddened about this unfortunate state of the science of nonsense, and prefer to deal in serious phraseology, may talk of professional manslaughter, or justifiable homicide, or deplorable accidents, or dreadful calamities; it is certain that it is a very ruinous kind of nonsense, and that it grows more and more nonsensical as it *improves*. Not content with getting drugs into everything that goes by the name of medicine, or remedy, our allopathic contemporaries are gravely debating the propriety of introducing drugs into our very victuals! Reader, we are serious. It is proposed, yea, highly recommended, on the highest allopathic authority, to drug the very bread we eat; to convert the "staff of life" into a source of "death by poison." We copy from Braithwaite's *Retrospect of Practical Medicine and Surgery*, Part xxiii. July 1851, the following evidence of progression:

ADMINISTRATION OF IRON IN FOOD.

"M. Martens has lately read an essay before the Belgian Academy of Medicine, on Ferruginous Medicines. Among his conclusions, as published in the 'Gazette Medicale de Paris,' for 30th November, we find the following:

"Wheaten bread may be rendered much more *nutritious*, for chlorotic patients, by adding a small quantity of *sulphate of iron*. In this way alone, it can be capable of forming a substitute for meat.

"In the discussion, it was suggested that the same method of medication would be beneficial to patients recovering from acute diseases, especially when the system was not able to bear an animal diet. This idea is good, and would be of easy application."

Mineral bread! Sulphate of iron nutritious! If allopathy can find a lower depth of absurdity, it has a property of descending the nonsensical scale utterly incomprehensible to us. We have nothing

to say against the idea of ferruginous bread being "easy of application." It is *easy* enough to kill a body—generally easier than to cure one. But it is enough that a score or two are sent to their final account, from different parts of the United States, every week, by mistakes in putting up the drug-articles at the apothecary shops, without introducing the death-dealing compounds into our bakeries and kitchens.

As the popular system is now practiced, a person cannot have the most trifling disturbance in the way of ill health—provided he avails himself of the services of a professor of drug-ology—without getting fifteen or twenty poisons into his blood and bones, as any one can easily prove by ciphering.

Say an individual has an attack of typhus fever. The stomach is usually evacuated with an emetic of tartarized antimony and ipecac—two drug-poisons to begin with. Then the bowels must be moved, and down goes a dose of pills composed of gamboge, aloes, colocynth, calomel, and soap—five drugs more. Five and two are seven. Next comes a fever powder, to be taken once in three hours, of opium, sulphate of potash, and cream of tartar—three more. Three and seven are ten. The patient is faint, restless, and in pain; hence a cordial and anodyne draught is administered, of spirits of nitre, compound spirits of lavender, and extract of hyoscyamus—all together containing eight more drugs. Eight and ten are eighteen. A sleeping potion to narcotize the patient into a doze, is given at bedtime—morphine with a little quinine to sustain the circulation. Two and eighteen are twenty.

Here we have, as the result of one day's drugging, a score of distinct poisons wending their way through the channels of life. If the fever continues, as it pretty surely will, for several weeks, the medical man, if he is any sort of a doctor, and has anything like an enlarged view of the resources of his art, will vary the prescription once or twice a day, by which means, from three to six additional drugs will gain a passport to the stomach. If the fever runs six weeks, which is about the average time with those who are so lucky as to survive the medication, the patient will have swallowed, on the lowest calculation, something like $42 \times 3 = 126 + 20 = 146$; *one hundred and forty six drugs*. If he gets well, the result is a demonstration that medicine is powerful, or that humanity is tough.

TYPHUS FEVER AND RELAPSING FEVER.—A writer in the London Medical Times (Professor Jenner) has added a new kind of fever to the already lengthy catalogue, which he calls "*relapsing*." It has all the characteristic symptoms of typhus or typhoid fever, from which it is only distinguished by a *relapse*, after the patient has been for a few days convalescent. There is a way to account for this relapsing fever, although Dr. Jenner seems to regard it as an absolute incomprehensibility. We are told that, after the patient has gone through the usual course of a fever of the ordinary typhoid type, and has been convalescent for about one week, all at once, without any error in diet, exposure, or other apparent cause, the patient suffers a relapse; or in other words, the fever returns, runs another course of from five to ten days, and then

(if the patient recovers) terminates by a profuse perspiration.

Now here is an interesting problem in pathology. What can it mean? It is to be borne in mind that all these relapsing fevers are treated drug-opathically. The true theory is this. In the course of an ordinary fever, the system is pretty thoroughly saturated with drug-medicines. The inherent remedial powers of the organism cannot do the double duty of overcoming the causes and removing the condition of the disease, and of expelling the doctor's drugs at the same time. Nature and necessity are about the same thing. The remedial efforts of nature are always directed to the most immediate danger. When they have overcome the proximate causes of the fever, and established convalescence in relation to *that* source of danger, they are too exhausted for any further general or vigorous effort. After resting awhile, and recovering sufficient energy, a general rally of those vital powers takes place, to get rid of the offending drugs. This commotion is Dr. Jenner's relapsing fever.

Everybody knows that relapses are extremely common in all fevers, treated after the usual drug-fashion. But they seldom or never occur with patients treated hydropathically. We have never yet known of a relapse, when the patient was treated from first to last without drugs; nor have we, in fact, known of a single instance of death from fever, under water-treatment. During the late very dry weather of August and September, typhus fevers were rather prevalent in many places in the vicinity of Lebanon Springs. All of the patients who preferred hydropathic management, were treated accordingly; and several cases were put under water-treatment, after having been drugged for several days, during all of which time they rapidly grew worse. All of these patients recovered; and not one of them had "the relapsing fever," whilst of those treated allopathically, several died; and among those who recovered under drug-treatment, several experienced relapses. These facts are submitted to the public in general, and the medical profession in particular, for the benefit of whom it may concern.

MR. BALL'S INSTRUMENT FOR WEAK EYES.—Among the useful things of the day, is a newly invented instrument for weakness and imperfection of vision. The inventor is Mr. J. Ball, of this city; and the instrument consists of a circular cup attached to an India rubber ball. The cup is placed over the central portion of the globe of the eye, the eyelids being closed, and the air of the ball is pressed out so as to form a vacuum; the ball is then allowed to expand, thus producing a strong compression on the globe, by which the capillary vessels are speedily filled with blood. It operates precisely on the principle of the ordinary cupping glass. It is well adapted to that condition of the eye—too great flatness of the globe—which is a frequent cause of imperfect vision; and to chronic weakness of the eyes from deficient circulation. DR. C. B. BRAINERD, Exclusive Agent, office 267 Broadway.

TWO SIDES TO A PICTURE.—Professor Fickardt, of one of the numerous Philadelphia Colleges, in a late valedictory to the class, discoursed upon the delights of a medical life in the following strain:

"O, what a labor! O, what a glorious privilege and power! How sublime to heal the sick, the lame, the blind, the deaf; to still the aching brain; to soothe the throbbing heart!" Whereupon, the Boston Medical Journal replies: "True enough, but there is another side to the picture. There is a great difference between practicing medicine in the place where quacks are in the ascendant, and one where science alone is the passport to distinction and patronage. If we were to criticise the address closely, it is possible we might say that the author thinks better of the profession than the world at large." Very likely he does. It is pretty certain that the world at large is all the while thinking *more* *worser* of the drug part of the profession; particularly "down in Boston," where our *unappreciated* friend holds forth in such doleful strains. But why drug-doctors should be so much more highly appreciated in Philadelphia than in Boston, we can hardly understand, unless it be owing to the fact, that in and around the latter place, water-cure establishments abound. Moreover, we recollect that a certain "Noggs" has raised considerable mischief among the gallipots of allopathy "down east;" and this allusion reminds us that the same "Doctor Noggs" is writing a book—so says report. No man can give the drug system what it is afraid of—justice—if he can't. Let us have the book.

SARATOGA WATER.—The Boston Medical Journal, which considers all impure water as medicinal, and pure water as fit only for well folks, commences a paragraph in relation to a newly-discovered vein of Saratoga water, as follows: "Facilities are spoken of for delivering the water of a new spring recently found at Saratoga, the evening of the day it is bottled. If any one has a special interest in the business, it is the physician." Our friend forgot his friend the undertaker. He has almost as special an interest as the physician. The more drugged-water folks can be induced to drink, the more will they be troubled with gravel, kidney complaints, rheumatism, and weak joints, and the more business the physician will have in the way of doctoring them; but the undertaker will come in for a special job, after the doctor has done with them.

THE TEETH.

BY DR. J. W. CLOWES.

[THE Publishers take pleasure in introducing this new Contributor to their readers. The subject on which he will write is highly important, as all who read will admit. In future articles, the PHYSIOLOGY and ANATOMY of the TEETH will be given, with instructions as to their care and preservation. The writer thus introduces his subject:—

THERE is no organ, or set of organs, belonging to the animal body, more essential to its health and perfection than those of *mastication*. This is our simple declaration, gentle reader; and if we fail to adduce proofs positive to substantiate it, believe us not. The Dental Arches in the human species contain in the child, all told, twenty teeth, in the adult thirty-two teeth. The former differ from the latter in many respects, agreeably to the particular *ends* which each is intended to answer.

In the teeth of children, *carbonate of lime* forms the principal basis, while in those of the adult *Phosphate of lime* makes up the chief part of their composition; in other words, the one is easily destroyed by decay or alveolar absorption, and are deciduous; the other is intended to resist disease, and to perform a healthful, permanent, and enduring service, without which every other organ of the body is crippled in its action. Let us see. We will suppose a case in which the teeth are in a healthy state, and capable of performing their functions perfectly. Food is taken into the mouth—it is properly masticated, and thus enters the stomach, where it becomes a *pullaceous* mass, and is easily acted upon by the apparatus of digestion. Nutriment is sent forth through the proper channels, and the whole system feels its goodly influence. The eyes brighten, the cheeks glow with healthiness, and the pulse of the physical and intellectual being beats in happy unison with the intricate workings of a machine "wonderfully and fearfully made." We will now alter the picture, or rather look upon the other side of it. Here we see food entering a mouth, whose toothless gums possess no ability to fashion it to that form and consistence which it should have previous to being entrusted to the action of an organ so vital and important as the stomach. It reaches the store-house destined for its reception, but, like the guest at the wedding-feast, it comes in the wrong dress, and must needs be cast out the way whence it came, unless the forces opposing be unequal to the task, (which is not unfrequently the case,) when it becomes not only an intruder upon, but likewise a tyrant over, the economy which it assails, and causes (not gnashing of teeth, for they are not,) but the weeping and wailing of a disordered system, whose very vitals are torn by the vulturous talons of dyspepsia. To express a great truth in few words, we have but to assert that *food imperfectly masticated is wholly unfitted to receive a healthy digestive action*. We think no person possessing ordinary information will attempt to dispute with us on this point. If, then, the *digestive action* be *unhealthy*, what must be the result? Kind reader, a question of *great moment* has just been put to you; do not pass it lightly by, as though it scarcely deserved even a few moments of your earnest consideration. I repeat it: *What must be the result of imperfect digestion?* Food is, to the animal body, what fuel is to the steam engine. Both are of no account unaccompanied by the agents which make them useful. Steam could hardly be generated by simply placing wood under a boiler, nor life be continued by a mere deposit of food in the stomach. Something else is required. The wood must be *ignited*, and the food must be *masticated*. Without their mutual co-operation, the effect desired, in either case, cannot be produced. But to advance a step farther. Steam would be powerless if not confined in a space appropriate for its condensation, which alone enables it, as with the magic impulses of a mysterious power, to propel the huge ship or rolling car. Nutrition is likewise *useless* if the channels formed for its reception are clogged by incapacity. If the animal heat lessens, and the vital flames burns low, and physical agencies cease, what *result* can there be to these? what

effect can they produce but death! "Truth is a pearl of great price," and those who are so happy as to hear, believe, and embrace it, are, indeed, "twice blessed." Reader, art thou still incredulous? Knowest thou not that the great earth is full of testimonies to substantiate the truths which we declare unto you? See that aged person who now advances toward us, with a firm step, an erect form, and youthful spring. You will hardly believe that "threescore and ten" winters have passed over his head, and left him the possession of a "green old age." But here comes another. This is a person scarcely arrived to the meridian of life. Behold that decrepit body—how emaciated! How bowed down with the infirmities of human nature! See that expression of pain and suffering depicted so visibly in the face and furrowed brow! Poor man! life is to him a burthen! Few to him are its blessings, many its afflictions! A young and delicate female now approaches us. She is beautiful—all have said so—she is a "belle" withal. Look more closely. Her step is unsteady, her cheeks are beautifully colored, but the finger of the destroyer has moved upon them. Her skin, how fair, how clear, how transparent! Ay, look and behold through it all the canker-worm of insidious disease, gnawing and battenning upon a beautiful flower, doomed to an early and hopeless decay. These are scenes taken from *real life*; fancy has naught to do with their coloring. They may be seen daily in our streets; and to the close observer, they wear no extraordinary feature. What, then, is the cause of this great constitutional difference (for it is *constitutional*) between youth and old age? Should we assert that old age is always such as we have here represented it, the view offered would, indeed, be an erroneous one; for the instance given is only an *exception* to this general rule—*old age is weak, youth is robust*. Is there not nearly as much truth now-a-days in this rule, if we reverse its reading, *Youth is weak and sickly, old age is vigorous and healthy*? There is; and that *there is*, we deem to be a fact startling enough to "stir up" men's minds to inquiry at least, why and wherefore is it so? Who are the men that have reached to, and passed beyond the limits prescribed to human life? Are they the weak and puny generations of our own times? Have they been reared in the lap of luxury, or been pampered with our vices and fashionable follies? No. They are the hardy growth of gone generations; they of the iron frame and limb athletic. *They are men, too, who can chew, masticate, or grind the food which sustains them; they can be none others*. There certainly cannot be three questions of greater importance put to an invalid than—*Have you an unhealthy mouth? How many ulcerous fangs, or dead roots, does it contain? Are you subject to nervous debility or stomachic derangement? One of these must hit the case, and this closing admonition bids you remember, that upon the health of the teeth depends the health of the stomach, from which great reservoir go forth the supplies which support and continue life. Upon the condition of the stomach rest the health or disease of the general system. If the teeth fail to perform their functions, rest assured that all the other organs of the body will want the ability to perform theirs*. The result will be de-

rangement and lack of vital force. Behold the watch. If its machinery be imperfect, it will time the moments incorrectly. If the main-spring be broken, it will cease to time them altogether.

WOMAN'S DRESS.

BY UNDINE.

"High on a throne of royal state" sits Fashion, a queen, if not by Divine right, at least by human acclamation. She sways the sceptre of no limited monarchy; her rule is *absolute*, and upon her dominions "the sun never sets."

Arbitrary, tyrannical and capricious though she be, as all dispensers of absolute power inevitably are, there has never lived a despot to whose mandates his subjects have rendered such prompt, cheerful, eager obedience, as do the slaves of Fashion to the lightest of her commands. So devoted are they, so regardless of personal ease, comfort, and convenience, in doing her behests, that one might imagine *self* in them to be crucified, did not close scrutiny prove a refined selfishness to be the motive power of their loyalty.

I have said all nations are subject to her. "The tall, the wise, the reverend heads," bow as low in obedience to her caprices, as do the humble, the foolish, and the vain; priest, politician, and philosopher, bask in her smiles, and tremble at her frown.

Unlike most queens, her laws control every department of life, and have to do with every act of her subjects. Dress, equipage, manners, social intercourse, even our forms of worship, all are subject to her imperious sway.

But it is in dress, and especially in woman's dress, that her iron rule is most apparent. It is of very little consequence whether a person carries food to his mouth upon a knife or a fork; whether a lady or a gentleman shall be first to recognize an acquaintance of the other sex. These trifles legitimately belong to her province, and may safely be abandoned to her control. But when she lays her hand upon the last, the most perfect work of God, and attempts to remodel and improve the matchless form of woman, it is time that those of the sex in whom the Divine image is not wholly effaced, should rise in the strength of a holy purpose, and throw off her yoke. But such is her infatuation, that while thousands of women yearly go down to premature graves, victims of their obedience to her caprices, and thousands more reap the bitter fruit of their folly in the misery of their offspring, upon whom they have entailed physical suffering as a birthright, few women can be found with moral courage sufficient to free themselves from this terrible thralldom.

How impiously does the present mode of woman's dress call in question the wisdom, and goodness, and *taste* of the Creator. Did he leave the most beautiful work of his hands so imperfect in the development of our part of its structure, that we must call upon monsters from the "briny deep" to supply the deficiency? Is the free, natural heaving of the chest, in uninterrupted respiration, so devoid of grace and beauty, that we can hope to impart, either by easing it in a long, stiff, tight bodice, which makes each inspiration of

God's free air an act of torture, and poisons the life-spring at its fountain? Do long, heavy skirts, which drag upon the abdominal viscera until life itself becomes a weariness, add ease and freedom to woman's

—"grace of motion,
Her smooth and swimming majesty of step and tread?"

Truly these efforts of Fashion to add perfection to what came perfect from the hand of the great Architect, like an attempt

"To gild refined gold, to paint the lily,
To throw a perfume on the violet,
Are wasteful and ridiculous excess."

When the earnest thinker, disheartened by the contemplation of the misery the long prevalence of absurd and pernicious fashions has fastened upon the present and future generations, asks despondingly, Who will stem the swelling tide, and rescue woman from the physical ills which oppress her? a faint response is heard from a few noble souls, who refuse longer to "bow the knee to the image of Baal," who are willing, in the face of ridicule and contempt, to cast off their fetters, and be free. All honor to the heroic band! "May the little one become a thousand, and the small one a great nation."

It is not a little thing which woman has to do, if she carries out the present proposed reform in dress. It requires courage, firmness, independence of character. Indeed, it is no easy thing for woman to swerve in any direction from the narrow path which custom has marked out for her. She cannot do it without bringing upon herself publicity from which her modesty shrinks, and harsh comments from which her delicacy recoils. And what is most of all to be lamented, the severest censure, the keenest ridicule, the most unwearied opposition she is compelled to meet with will be from her own sex. The truth of this assertion is confirmed by the opposition which the present proposed reform in dress calls forth. The Press generally boldly favors the change. Gentlemen express their admiration of it in terms of nearly unqualified approbation. Idle boys and silly women raise shouts of derision, or charge the wearer with indelicacy, desire for notoriety, and love of change. The charge of indelicacy comes with a bad grace from woman's lips. Is there no lack of delicacy in the fashion which has so long prevailed of dressing, or rather of *not* dressing, the neck and arms? Does a woman sin less against propriety when she bares her arms and bosom to the gaze, than when she shows a neatly dressed foot and ankle? "Lether who is without sin cast the first stone," and it will unquestionably be found, that those women who from *principle* have joined the ranks in this reform, are women whose delicacy and refinement of character are above suspicion. The New Costume commends itself to the approval of all who have the sense to appreciate the physical disabilities under which woman labors, and the benevolence to wish her emancipated from them. It allows free play to all her vital organs, and unfettered motion to her limbs. By discarding the multitude of skirts, which have been thought necessary to give fullness and roundness of outline below the waist, it becomes much lighter and more convenient than the long flowing drapery of

the old style. It relieves the wearer from the necessity of carrying a load of "mother earth" upon the bottom of her garments, and leaves her at liberty to exercise in the open air in all kinds of weather. Shall woman be kept by the tyranny of fashion from adopting a style of dress which is at once more economical, more comfortable, more healthful, and more beautiful, than she has hitherto worn? And what else will prevent its adoption? Should the lady of President Fillmore preside in the drawing-room of the White House, or walk the streets of our Capital, attired à la *Turque*, it would not be long ere the delicate scruples of over sensitive ladies against it would vanish, and it would be generally worn.

No reform has ever yet been carried out without difficulty. The pioneers in this, as in every other, must meet with opposition; they must bear ridicule, and be unmoved by contempt; but in the "good time coming," perfectly developed women will "rise up and call them blessed."

HEALTH is the condition of beauty and happiness. Every organized being is beautiful in its perfect development, and health is the sole condition of such development. We have, from similar causes, dwarfed, stunted, and miserable trees, animals, men, and women. All animals are happy in the free exercise of their faculties, and there can be no such exercise without health. In health, every period of life, and every phase of existence, is full of happiness.

Reviews.

THE HYDROPATHIC ENCYCLOPEDIA.—The first volume, comprising the first four numbers of this great work, has been published, and the concluding numbers are under way, with a fair prospect of an early completion.

Part I. contains—

THE OUTLINES OF ANATOMY; with 88 engravings, and 120 pages of descriptive reading matter.

Part II. contains—

THE PHYSIOLOGY OF THE HUMAN BODY; with 90 engravings, and 120 pages.

Part III. contains—

THE HYGIENIC AGENCIES, AND THE PRESERVATION OF HEALTH; with 31 engravings, and 120 pages.

Part IV. contains—

DIETETIC AND HYDROPATHIC COOKERY; with 10 engravings, and 100 pages. [No. V. will contain 140 pages.]

When completed, this work will be adopted and used as a family guide by water-cure people.

Professional men will also consult its pages, wherein may be found an epitome of every system of medicine, and a complete elucidation of Hydropathy, Dietetics, Physiology, Anatomy, and the laws which govern life and health. FOWLERS & WELLS, Publishers.

ANATOMICAL CHART.—Mr. Frederic Bly, of Cincinnati, has published a chart of the human body, with notes and explanations, giving a complete outline of the Arterial, Venous, and Nervous systems, including a full view of the Brain, Heart, Lungs, Liver, Spleen, Kidneys, &c.; a very valuable work for teachers, heads of families, or medical students, and should be in the hands of every one who wishes to possess a knowledge of his own structure.

This chart is about three feet long, very beautifully executed, and put upon rollers, rendering it quite ornamental for the lecture-room or library. Price \$3. For sale by FOWLERS & WELLS, New York.

Miscellany.

GOSSIP FROM BOSTON.

DR. NOGGS TO DR. QUOGGS.

DEAR GOSSIP—Your friendly epistle found me in the city of notions, where Allopathy still struggles to maintain its ascendancy, though every day they pay tribute to Hydropathy, by adopting some of its baths, and recommending their patients to try the water-cure; but they are very careful to make them understand that it is only in certain cases that water is admissible! and those generally such as have had to run the gauntlet of all sorts of medication, scarification, cauterization, and other kinds of horriification, or where the money gives out!

Speaking of "conventions," you will always find, where folks are confident that their position is untenable, they will make a great deal of noise, pass a great many resolutions setting forth their wondrous merits, &c., &c., just as the nostrum-venders do; they go on the principle that you must "think well of yourself, or no one will of you."

One M. D., the other day, when advised to throw away his physic and practice the water-cure, as most of his townsmen were getting in favor of that mode of practice, replied that he "would not be so mean as to forsake the noble fraternity to which he belonged!"

Some of his acquaintance seem to think that his connection with the "noble fraternity" would be "more honored in the breach than in the observance."

A great many, I opine, are similarly situated. It is the fear of being reprimanded by their compeers; they have not the courage to come boldly out and brave the gibes and sneers of an interested faculty, just for the sake of truth!

The greatest reason, though, I am convinced, is, that they are afraid that "the practice will all run out," old women being adequate, in most cases, if they give in that drug medicines are no longer necessary; in fact "one of 'em" owned as much to me once!

Only think of it—hundreds of men thrown out of employment! patients getting well with only one visit! and, horror of horrors! a woman curing up a patient without any advice of a physician!!

For my own part, I think one of the best things in the steadily progressive reform is, that many a lazy loafer, besides the one mentioned above, will find his proper level, and be obliged to do something useful for a living.

The "Bloomer Costume" meets with but little favor in this region, we having no Mary Jones to cut off the skirts of our fair damsels; "so we have to let the" long clothes be. Some few, however, "decent people," have dared to don the daring costume, though at the risk of being hooted at.

Why they should hoot because a lady prefers to leave the lower foot of her fourteen garments, more or less, at home, instead of being obliged to hold them up, at the risk of losing all her bundles, and exposing articles of wear not made so much for show as use, I can't conceive.

Those who cry out against short dresses say nothing against the existing fashion of holding up the long ones at least a foot, mud or no mud; and that, too, when the "kivering" for the lower extremities is unprepared to meet the gaze of vulgar eyes.

I say *fashion* of holding up the skirts, for it is a fashion; and no lady, with any pretensions at all, thinks of crossing a straw, without at least lifting her robes eight or nine inches.

Now, I can't see wherein it is more improper to shorten the dress before you leave home, than it is afterwards.

On the contrary, it would seem that the "fore-shortening" was the most proper, as that presupposes

well-guarded extremities, from the snugly-fitting pantalots.

In short, the "decency" is all on the side of the "Bloomers."

As to the becomingness, that's another question.

For my part, I think there is a medium, or should be, in all things; there being as much odds in folks as in anybody—some would look well, however short their dresses might be, and some would not.

A fat old lady, for instance, with petite petticoats nearly up to her knees, you know, would look ridiculous; whereas a pretty, genteel-formed young maiden would look pretty, or even bewitching.

I go in, then, for compromise in this case. Let the altitude correspond with the age, size, &c., of the wearer, and then all will be well, for all will look well. This, I think will be the result.

People now cry out against this, as against the hydropathic reform; not because it ain't good, but because it hasn't the sanction of the dark ages!

The greatest argument in favor of a reduction in skirts is the healthfulness thereof—wet ankles and burdens on the viscera being avoided.

I say, then, go ahead, Bloomers; not for the sake of "making a figure" conspicuous, but for the sake of being healthy and comfortable.

Don't let your zeal for reform run away with your common sense or your modesty.

They say "extremes meet;" it seems so in some Bloomer cases—the extreme of the short cut and the human form divine! both struggling for pre-eminence.

I go in for the "largest liberty;" but Burns, who knew more in a minute than most folks know in a week, said, "There's some things to yourself's ye keep"—a little snug feminine ankle is no bad addition to this world's sights; but a great human calf is anything but beautiful: it is an addition, 'tis true, but no improvement.

Be wise, then, ladies, and not overdo; a handsome ankle, like roast beef, is better *under-done* than overdone.

GOSSIP FROM OHIO.

BY A PLOWBOY.

DEAR PUBLISHERS—I have received two numbers of the Water-Cure Journal, which of themselves are richly worth the price of subscription. I don't see why any one should hesitate a moment about subscribing, when they can get two hundred and eighty-eight pages of such valuable matter "all for one dollar." It is to me like a feast to the epicure—*super-excellent*. I have been lending them to my friends, that they might know how good "Hydropathy" is, and perhaps be induced to subscribe; and 'tis amusing sometimes to hear them excuse themselves. One young man could not "spare the money," and the next day he was hailed by one of those pests of community, a *novel*-pedlar, when he could count out twice the amount for his trashy wares. Another believed that he was "too stingy to pay for it," as he could "get the reading of mine for nothing." And so they go, some with one excuse and some with another; but I think some of them will "come up" and subscribe ere long, as they have to hear a tune from "*my jews'-harp*," every time we meet, until they do.

Lots of the people here are getting "kinder sick" of the Allopaths; and I think if we can get the Journal pretty extensively circulated in these parts, so as to "get them accustomed to the sound" of *water*, that we can soon "set *Dock* to farming for his bread and butter;" in fact, one of 'em has already purchased and moved on to a farm, in order, I suppose, to "get his hand in," before he is *obliged* to hang up his pill-bags.

A week or two since, neighbor —'s lady was very piteously mourning over some mishap, and on inquiring what was the matter, I was informed that "Dick had come up out of the harvest-field all in a sweat, and *washed his head with cold water*." But Dick stood it "like a duck," and is yet as alive as ever." The other evening I was riding with a young man, who soon produced a ponderous "plug of tubacker," with which he filled his mouth, and

pocketed the remainder. I asked, what induced him to chew such a filthy weed. Says he, "O-h-it-puts the *taste in my mouth* about right" (!) I tried to show him its folly and uncleanness, and the injury it would do him; I told him of the money he might save—how much more respectably he would appear—how much more the *ladies* would think of him—how much better he would feel, and how much longer he would live, by ridding himself of the habit. Says he, "Where'll you find an older man than Uncle K——? and he always chewed tobacco. Why, we won't any of us die till *our time comes*, any how; the Almighty has fixed a certain time for each one to live, and anything we can do won't make any difference one way nor t'other; when that time comes, we *must die*, and we can't die before." In vain I tried to reason the case with him, and persuade him that the Creator had fixed natural laws which applied to all; that to obey, would insure health, happiness, and long life; to infringe, would bring with it wretchedness, disease, and premature death! but he clung to his darling principle and tobacco with a tenacity worthy a better cause. I think, however, I can coax him to take the Journals—one or both—and thus, at length, bring a "change o'er the spirit of his dreams." There are thousands like him, who will have to be infused with the right spirit, "slowly, by degrees," for they think everything that is was so ordered from the "foundation of all things;" and the first step towards bringing them "into the traces" of reform will be to noislessly deluge their mental storehouse with a flood of truth, and those old decayed notions will swim off at the top; so "push along, keep moving;" there is yet a mighty work to do.

[We hope to hear from the "plowboy" again. His is, doubtless, the experience of many others. But we shall change all that, in the "good time coming."

DRIPPINGS FROM A WET SHEET.—Since the Water-Cure Journal has obtained such an extensive circulation among all classes of society, I am constrained to say a few words upon a subject too little heeded and less understood, hoping the hints which I may throw out will lead some more able and successful champion to take up the subject and do it justice. I refer to a knowledge of the Physiology of the Human System, or

TRUE AND FALSE MODESTY.

I need not inform the reader that this subject is looked upon with suspicion; that there are many in every community who doubt the propriety of teaching this science to the young, for fear of contaminating their innocent minds with vice and vulgarity. I know there are some so modest that, to mention a *male* animal in their presence seems, by their actions, to shock their refined sensibilities. Now, the inference holds good that, since they are the first to notice and inform us of the supposed indiscretion, it is a mere *profession* with them, and they are the first to misconstrue your meaning.

What mother is willing to admit that she is the worse for anything she has learned by reading upon the subject; or what parent sees more vice, vulgarity and profanity in their children; or what Miss in her teens is willing to admit that she is the worse for growing up to womanhood, possessing a *correct knowledge* of the science of life, obtained from a careful reading of the Water-Cure Journal? Candidly, who is made the worse? Let the mother, when she reads this, stop one moment and reflect upon the subject; think how, when, and where she first learned the truths of human physiology; think of her children, and ask herself the question, Shall they learn as I did? Shall I withhold the knowledge which I possess, which they desire to, and *will* some time know? If knowledge produces happiness, what can be the harm in teaching them in the ways of truth? Indeed, is it right to withhold it from them? I think not.

THE WATER-CURE JOURNAL.

Again, who can tell how much responsibility rests upon the parents for the (not little) deceptions that are commonly practiced upon children, in regard to the laws of their being? What confidence will the child have in its parents, when it grows up to manhood, and learns (*for learn it will*) that they have been deceived, not to say that the parents lied to them?

Children are very inquisitive—more so than the aged. Now, if they ask questions which, to the mind of a truly educated mother, she thinks they are too young to understand, let her candidly and judiciously tell them, "My child, you are too young to understand the nature of the question you ask; wait until you get older, and Ma will explain it all to you in good time." Such an answer, to say the least of it, gives the child confidence in its parent. And let not the parent forget that promise; for I hold that, aside from the obligation, it is far better to rightfully and carefully instruct them, than it is for them to learn it, with all that is vulgar, in the streets, at school, or by sad experience—and that, too, long before the parents are aware of it.

Again, it is considered praiseworthy for children to studiously read the Bible. This is the first book that is purchased as a *birth-day* present—a holiday gift; yet I defy any person to find as coarse and immoral language in this Journal as is to be found in the Book of Genesis. I do not speak of this with a desire to treat the Bible with disrespect, but to show the inconsistency of the Christian parent, in presenting the one, and withholding the other.

PHYSIC AND FLIES.—Shakspeare has said, "throw physic to the dogs," and the world is beginning to regard the Bard of Avon as good authority in the matter; yet certain cod-liver quacks still persist in recommending their nostrums as being "good for man and beast." It is a little strange that beasts will not take Allopathic prescriptions, except by force; while the horse, dog, and swine, and, so far as we know, all animals, make free use of water, of their own accord, to cure wounds, bruises, and fevers, without being cast and having their tongues pulled out of their mouths and the prescription poured down their throats.

We prefer to study, and follow as a guide to truth, the instincts of animals, in respect to what "is good" for them, rather than all the abstract dogmatism of the medical schools. Pope, speaking of reason and instinct, says, "This must go right, the other must go wrong;" and when we find instinct in animals an infallible guide in the selection of food, drink, and medication, and that they never, except when pinched by hunger, partake of poisons as food or as medicine, and that they, on the contrary, seek the water to alleviate their sickness and pain, we believe in the teachings of both poets, Shakspeare and Pope. But to the title of our article. Passing an apothecary's shop, a few days since, I was struck by the great number, or rather numberless amount of dead flies in his bow window. I stepped in and begged to know what *medicine* (?) he gave to the flies to destroy them thus by the million. "Nothing," was the reply; "I don't know why it is, but they lie dead in heaps in that window every morning, as you see them now." This window faced the north; so that it was not the burning heat of the sun, but, as I take it, they were poisoned by the odors of the "*medicine*" that is "good for man and beast." Since that time I have noticed similar mortality in several other drug stores. The poor flies get sick and rush to the window to escape, and remain there in the unhealthy fumes of "*medicine*" until death comes to their relief. In other bow windows it is not so; the flies live for an entire season, freeze up, and are ready for a new campaign of life and joy when the genial spring again "spreads the joyful insect's wings."

DEATH OF SYLVESTER GRAHAM.

We are pained to hear of the death of Sylvester Graham, which occurred at his residence, at Northampton, on the morning of the 11th September. Yet why should we mourn? He has done the work assigned him in the order of Providence, and has gone to his account! He was not exempt, while in the flesh, from the foibles of our common nature; yet he had many virtues. As a teacher and writer, he was remarkably earnest and enthusiastic; yet clear, comprehensive, and cautious. He has acquired a world-wide celebrity as the author of "Lectures on the Science of Human Life," a work whose labor no doubt tended materially to shorten his days on earth. For several years, until the time of his last illness, he was ardently engaged in preparing a work entitled "The Philosophy of History," the labor of which no doubt tended to hurry a constitution, already overworked and exhausted, on to premature dissolution. We shall, in due time, present a biographical notice of Dr. Graham, with an account of his peculiar habits of life, and the incidents attending his last sickness, medical treatment, &c.

AMERICAN VEGETARIAN SOCIETY.

The third annual meeting was held at Philadelphia on the 10th of September. It was largely attended by the vegetarians of Philadelphia and vicinity, and by others from New York, Massachusetts, &c. In the evening, a public meeting was held at the great hall of the Chinese Museum.

But the great affair of the anniversary was, the Vegetarian Festival, on Thursday. One hundred and thirty ladies and gentlemen sat down to a luxurious repast, which cost no animal its life. It was a feast of bounties, and the sentiments and speeches which followed, the repast made it truly a "feast of reason and a flow of soul." Brief addresses were made by the President of the Society, Dr. Alcott; Dr. Nichols, First Vice President; Rev. Mr. Metcalf, Corresponding Secretary; Dr. William Elder, Mrs. Gove Nichols, Mr. Lewis Hough, and many others.

It was a fine treat, physically and intellectually. The next annual meeting and festival will be in New York, of which due notice will be given.

FAMILIAR TALK WITH OUR FRIENDS.

The most exciting topic among the women of our nation, at the present time, is that which has special reference to their life, health, and happiness—"THE NEW COSTUME." Indeed, the most sober and sensible presses of Europe have taken up the subject, and are now discussing its merits, and the propriety of its adoption.

The women of Great Britain will, undoubtedly, come into it; while the French, who have hitherto led the world in fashions, will be slow in yielding to us this palm; yet we *do believe* that even they will ultimately "try it on." This done, all other nations will soon "follow suit," and we shall have the happy satisfaction of feeling that we were instrumental in *proposing, agitating, and introducing* this great REFORM.

We look forward to the time when the *old* costume (long dresses) will only be worn as *badges of mourning*.

Mrs. S. W. S., of Farmington, Iowa, says—

"Your subscribers are universally well pleased with the Journal. The Fashion plates, in the August number, gave great satisfaction."

"The young women of this place seem to take much interest in the new costume; but some of them have hesitated about appearing in public with it, on account of the opposition of certain editors. *The Keokuk Dispatch* does not seem to approve it. Perhaps he

has not yet become acquainted with its merits.

All our eastern editors, of any account, not only approve, but recommend its immediate adoption. So far as we know, there is not a man (we mean a MAN) connected with the press in New England, but what speaks in its favor.

THE BOSTON MEDICAL AND SURGICAL JOURNAL has finally taken up the subject of "Woman's Dress," and very justly attributes her most painful and prostrating diseases to the prevailing fashions. This view of the subject has been repeatedly given in the WATER-CURE JOURNAL, which in itself is a sufficient argument in favor of the proposed change in the fashions. We shall, at another time, transfer to our pages the remarks on this subject from the above-named Journal.

The world will get pretty thoroughly awakened in regard to the fashions, before we get through with this matter.

We have other engraved views to present to our readers, representing the AMERICAN COSTUME, which will appear in future numbers. In the meantime, our women will put on just such dresses as they, in their good judgment, with their superior taste, may please; nor will they consult the whims of those whose morals are as questionable as their *pretensions* to godliness.

THE NEW AMERICAN COSTUME IN CALIFORNIA.—The San Francisco Courier has the following:—"We understand that the ladies of several of our most prominent citizens intend adopting this new and beautiful style of dress, not merely on account of its beauty, but its great convenience in this windy, blustery, dusty city. We hope that it will be generally adopted, not only in this city, but throughout the state. Mrs. FARNHAM—a lady well known in the literary circles in the old States, as an elegant writer, and in California as the widow of a man justly respected and universally beloved—adopted this dress some time since, and 'astonished the natives' in Santa Cruz. Last evening we saw two young ladies, Misses Helen and Stetson—or rather we tried to see them, but hardly could for the crowd—and were more convinced than ever of the beauty and comfort of the dress. The skirt and trousselettes were of blue satin, the sleeves long and trimmed with lace, and the whole got up in an elegant and tasty fashion. We did not hear a single voice which did not praise the "Bloomers" in the most enthusiastic manner. We would advise our lady readers who desire to examine the dress, to call on Miss Cole, in Clay street, and judge for themselves. There is nothing in it exceptionable in any manner—nothing, in fact, against which a word could be said; and we hope the ladies of our city will not be deterred from adopting it on account of the curiosity it naturally excites among the male portion of our citizens. A few days will accustom the eye to the change, and then the ladies will enjoy all the comfort and none of the inconveniences of the new dress."

STATISTICS FROM THE AMERICAN WATER-CURE ESTABLISHMENTS.—THE PUBLISHERS of the WATER-CURE JOURNAL are now making up a TABLE, containing a list of all Water-Cure Establishments in operation in the United States, together with other statistics connected therewith. They wish to obtain from proprietors and physicians answers to the following questions:—

The location or post-office address of each establishment.

The names of proprietors and physicians.

The capacity of the establishment, or the number of patients it is capable of accommodating.

The cost of the establishment, and value of property connected therewith, including fixtures, grounds, horses, and other property.

The number of patients treated during the last year; say from JULY, 1850, to JULY, 1851.

Of what diseases.

The number of recoveries.

The number of deaths.

How many persons treated and not benefited.

The number of persons treated by Hydropathic physicians *not* at the establishment.

We hope to obtain complete returns, for publication in our next number.

The publication of these statistics will probably astonish our friends of the *Allopathic school*. We expect to present an array of talent, numbers, and wealth, now turned in this direction, surpassing that of every other mode of medical practice ever developed in the same number of years.

The Hydropathic practice is destined not only to surpass, but to swallow up or *wash away*, every other medical system now existing among men.

THE LAWFUL POSTAGE ON OUR JOURNALS.—[The following, from WASHINGTON, will set this matter right with those who are yet unacquainted with the law. A few POSTMASTERS have *overcharged* our subscribers. They will now *refund*. Every subscriber who has paid *more* than the rates herein specified, may collect, by law, such excess.

The weight of our Journal is less than three ounces, when dry. We are entitled to a *free* exchange with all newspapers and periodicals published daily, weekly, monthly, or quarterly.]

POST-OFFICE DEPARTMENT,
Appointment Office, August 23, 1851.

GENTLEMEN—I have received your letter of the 27th inst., together with a copy of the "American Phenological Journal," and the "Water-Cure Journal."

If the weight of these Journals do not exceed three ounces each, and are sent to actual and bona fide subscribers, they are subject to the following postages, viz. :—

For fifty miles or less, . . .	1 1-4 cts. per quarter.
For over fifty miles, and not exceeding 300, . . .	2 1-2 " " "
For over 300, and not exceeding 1,000, . . .	3 3-4 " " "
For over 1,000, and not exceeding 2,000, . . .	5 " " "
For over 2,000, and not exceeding 4,000, . . .	6 1-4 " " "
For over 4,000, . . .	7 1-2 " " "

The postage, in all cases, to be paid in advance by subscribers.

The wrapper forms no part of the paper: neither is postage paid on it. Postmasters have the right to remove them from any papers received at their offices for delivery. Postmasters, in determining the weight of newspapers, are required to weigh them when they are in a dry state. Very respectfully, &c., FITZ HENRY WARREN, 2d Ass't P. M. GEN'L.

Messrs. FOWLER & WELLS, New York City.

THE WATER-CURE IN INDIA.—We make the following extract from a letter lately received from the Rev. E. BURGESS, of the Ahmednuggar Mission, in India :—

"I wish to express my own, and the thanks of the Mission, for your valuable donation. The books on Hydropathy are particularly valued by all the members of our Mission, and the beneficial results of a perusal of them are already visible. It seems to me that Hydropathy is of great value in this warm climate. But the English residents in India are much under the influence of 'the Faculty.' I have for many years been very free in the use of water for bathing, but these books will enable me to extend the use of water to every disease. The medical science seems destined to be affected by the revolutions of the 19th century. Your establishment seems calculated to exert an important influence in these changes. Go on."

[Thus our glorious water-cure is to be planted in India by our missionaries. When planted, it will surely take root, branch out, and produce a harvest that will "astonish the natives." We have, by the aid of our friends, placed the water-cure on a permanent basis in America, and now, through our missionaries and merchants, hope to WATER-CURE THE WORLD.]

THE PROGRESS OF WATER-CURE.—It is astonishing to see the rapid progress which the water-cure practice is making all over the country. We hope the time is not far distant when every village will have its Institute, and every hamlet its bath.

The fact of it is, people have got sick of taking nauseous drugs and *die-stuffs*. The quack was not slow to discover this; hence it is stereotyped on their circulars, almanacs, and pamphlets, that their medicines are good and pleasant to take, &c. That they go to satisfy a morbid appetite, stimulate the system, and for a time raise the hopes of the invalid, there is no doubt; but because some do not immediately die, or succeed in living to a good old age, we do doubt its being the effects of a certain number of boxes of pills, or bottles of cough-a-rilla extract. Lately, after going through the regular courses of Allopathy, Homoeopathy, Patent Medicines, &c., they resort to the great fountain of Nature—a clear, pure liquid, compounded in her great laboratory, and put up in large quantities all over the earth, especially for family and individual use.—*Village Advertiser, Otsego co., N. Y.*

SONG OF THE BOB-O-LINK.—As we were walking out the other morning, we were quite amused to hear the Bob-o-link sing. The tune we did not know, but could very distinctly hear these words: Bob-o-link link-wick-ed phys-ic. Mrs. Nich-ols Mrs. Nich-ols Kit-ter-edge-e-Whi-ton Whiton Shew-Shew Water Water Cure Cure Cu-r-e-e-r-r.

If you would train up a child in the way it should go, go in the way yourself.—*Same paper.*

TEMPERANCE AND HYDROPATHY.—It is highly gratifying to learn from our leading Temperance men, in various parts of the country, that the principles of Hydropathy are efficient in convincing the people of the deplorable evils of intemperance. Looking at the terrible effects of alcohol on the human system, in a physiological light, no man can continue its use without violating, *knowingly*, the laws of life, health, and happiness.

We hope, through the Journal, to aid in correcting two monstrous evils which now so sadly afflict civilized society, and which are thought to be about equally pernicious in their effects on present and prospective generations, namely, *the bad habits of men, and the bad fashions of women*. These corrected, and human society will at once leap *onward and upward*, and approach nearer and nearer the throne of angels and of God. Who then will help, or rather who will *not* help, to remove these rank weeds from the garden of our Creator, which choke down and prevent the growth and expansion of the mind, body, and spirit of man? Let us all take a part in this great work. Read, write, talk, and act, and the work is done.

A CANDID CONFESSION.—The opinion of a man who is engaged in the sale of drugs. He publishes the following in the Bermudian Advertiser, Hamilton, West Indies. Referring to the WATER-CURE JOURNAL, he says:—"This is the great Reformer of the age; all who wish to improve with the times, and who will carefully attend to the rules laid down in this work, will hereafter throw physic to the dogs. Water-Cure embraces the whole philosophy of life in the most simple and harmonious manner. Its teachings, inculcate wise truths in diet, air, exercise, clothing, sleeping, &c. It teaches how to avoid sickness, and how to regain health when sick. In recommending this Journal so strongly, we injure our own business, *for we sell physic*, put up by experienced physicians, *but we honestly believe medicines are required in few instances*. Allopathy has received its quietus in its own narrow house; homoeopathy has given the death-blow to that monstrous system, and now comes hydropathy or water-cure to flood both out of practice; gradually, as light and reason break in upon us, old customs, pre-

judices, superstitions, and ignorance will die with their day. We would cheerfully recommend this publication to the attention of every family."

ECONOMY OF THE NEW DRESS.—Mrs. Frances E. Gage writes the *Pittsburgh Saturday Visitor* as follows :—

"There are eight millions of women in these United States, old enough to wear the new costume. At a low estimate, it costs each female twelve dollars a year for dresses and skirts, on an average. Now, a neat and appropriate short dress, with suitable and substantial pants, may be made of the same material, and save one quarter of the present expense (we have tried it at home, and know it can be done). This will be a saving of—open your eyes, unstop your ears and hold your breath—of *twenty-four millions of dollars!* My stars! Don't talk any more about the ten million Texas swindle, or the fifteen millions for the extravagant expenses of the civil government, or the twenty-four millions army and navy bill; don't say 'it's all much ado about nothing,' when such a saving would build a school-house, in every district in the United States, worth \$200, and leave four millions to buy cheap calico frocks and shoes for all the poor little girls in the nation."

[Thus we have the "dollar and cent" view of the matter, which, together with its physiological advantages, will impress most profoundly all sensible and charitable women. What say T. S. Arthur, James Watson Webb, and James Gordon Bennett, to this?]

TOBACCO.—Since the publication, in the Water-Cure Journal, of a series of articles on Tobacco, we find a few zealous co-workers writing and talking on the subject, through the press and pulpit. Among the most sensible we have met, are those now publishing in the *Presbyterian of the West*, by L. A. S. We hope he will follow up the matter, and convert those who assume to be "called of God" to teach the people morals, religion, and christianity. We quote a single paragraph :—

"Marvelous as it may seem, thousands and thousands in this land, and some, even, skilled in the medical profession, as well as ministers of the Gospel, have adopted the habit of using tobacco, and that habitually. And they do thus, knowing, as many of them must know, that the article in question is not only a stupefying narcotic, but an active and deadly poison."

"Too much light has been thrown upon the subject, from various sources, to justify me in taking different ground. I am fully aware that the ground taken is *unpopular*. And alas! there is too much reason to fear that it is unpopular even in the church, so far as regards a majority of the male members! But should that deter me from speaking the truth on a subject so vitally important to the cause of morals and the cause of Christ? It would be better, far better for me, to die by the hand of violence than to connive at sin in my fellow-men, and those of them *especially* who profess to be disciples of Jesus. By pursuing a course like this I should please men, it is true, but it would be at the fearful expense of displeasing my Lord and Master. Having more to say, however, on this subject, for the special consideration of my Christian brethren, I must close the present article."

[This is the right kind of preaching. To rebuke the sinners of high places, at home, requires more real bravery than to talk a lifetime about the depravity of the Timbuctoos, and other foreign tribes. First let us take the "mote from our own eyes, before attempting to remove the beam from the eyes of our neighbor."]

CONTRIBUTION OF CHEMISTRY TO THE HEALING ART.—The fact that *Ayer's Cherry Pectoral* is a chemical discovery, may explain why the distinguished Professors of that Science, (Silliman, Hitchcock, Webster, and Cleveland,) have given their certificates in its favor. None could better judge of its merits than these eminent men, and their names would be a sufficient guaranty of its value, if experience had not already proven to the public that it is one of the most effectual remedies for affections of the throat and lungs ever before them.—*Scientific Review.*

[We find the above paragraph floating about in our exchanges, as innocently as though it were "genuine." Who ever saw the "Scientific Review?" PROFESSOR SILLIMAN says :—

"TO THE PUBLIC.—The recommendation of the Cherry Pectoral (so called), signed by my name, is a forgery. BENJAMIN SILLIMAN.
New Haven, 1851."

[Is not this a rascally swindle? We consider it "a patent medicine" humbug.]

TREATMENT OF PERSONS STRUCK BY LIGHTNING.—In a communication to the Portland Advertiser, Dr. Davies, of that city, says the popular impression in relation to the application of cold water to persons struck by lightning is a decided error. The doctor says:—

The whole treatment necessary to counteract the injurious effects of lightning may be comprised in a few words. Expose the body to a moderate warmth, so as to prevent the loss of animal heat, and inflate the lungs so as to imitate natural respiration as nearly as possible, when the person breathes with labor or difficulty, or when he has ceased altogether by his own efforts. The sprinkling of cold water over the face, in order to excite respiration reflex action, may also be tried. Further than this it has no use.

["Not as Dr. Davies knows of." We have pretty good evidence that water is good in cases of this sort. It has been successfully tried in several instances. We don't believe Dr. Davies ever treated a case, or ever saw a case of the kind treated. Then, what is his opinion worth?]

MR. WILLIAM PIGGFORD, a native of this county, died a few days ago, aged 87 years, after living with his wife 65 years, whom he has left a widow to mourn her loss. He is one of six brothers and sisters, whose average age is 80. He has left an only daughter, now 63 years old; and, what is a little more remarkable, not one of them ever took a dose of medicine from a physician, were ever bled or blistered, until they attained the age of 60; but have lived temperately, and used but little animal food. It might be well to remark, that within ten miles of Sill's Creek, on which this family was raised, there has never occurred a case of pulmonary disease or consumption; and persons who have been threatened with these diseases, and moved into the neighborhood, have invariably been restored.—*Wilmington Commercial*.

DR. FRANKLIN AND THE WATER-CURE.—On his first visit to Philadelphia, he was going from New York to Amboy in a boat, and was compelled to pass thirty hours without provisions and exposed to the weather, which produced a fever. The method of his cure we recommend as an item for the Water-Cure Journal. "In the evening I went to bed with a very violent fever. I had somewhere read, that cold water, drank plentifully, was a remedy in such cases. I followed the prescription—was in a profuse sweat for the greater part of the night, and the fever left me. The next day I crossed the river in a ferry-boat, and continued my journey on foot."—*The Good Samaritan*.

THE BUFFALO WATER-CURE.—By advertisement it will be seen that this establishment is now in successful operation, pleasantly situated, and easy of access by those great thoroughfares, the lakes and railroads. DR. S. M. DAVIS has charge of the medical department, assisted by JAMES L. ACOMB. The female department is managed by MARY M. TAYLOR, a medical graduate, of superior qualifications. We doubt not this new "cure" will become popular. For terms, and other particulars, see advertisement.

GRATIS.—A MAN in Georgia sends us \$10, and orders twenty copies of the Journal to be sent free, one year, to twenty men now in Liberia. Is not this liberal, noble, philanthropic! In his last letter to us, this man remarks:—

"I have now sent you one hundred and thirty-seven subscribers for the W. C. Journal. So far, I believe all your subscribers are better pleased than they expected to be. Some have already profited from what little knowledge they have gained from the first two numbers. There seems to be a desire from many to

have a water-cure establishment opened in this place [Albany, Georgia]; but the practitioner would labor under so many disadvantages for the want of water of the right kind, that it would operate greatly against the system of practice. Hoping that the circulation of the Journal may still increase in other quarters, I remain, respectfully, your ob't serv't, E. H. S."

A KNOWING BUT UNPRINCIPLED DOCTOR.—A subscriber, in Massachusetts, writes us as follows:—

"Your Journals are doing more good in 'these parts' than the readers can themselves possibly imagine. We have a kind of a Quack Doctor, as some would call him, here; but while he is selling his patent pain-killers to his more ignorant neighbors, he is in his own family using water exclusively.

"The doctors here, as well as elsewhere, know too much to swallow their own medicines."

[Why don't this fellow act like a man—"do as he would be done by," preach what he practices. He will need to devote his energies to the promulgation of the truth for some time, to balance the evil done by the sale of his *die-stuffs*.]

"WOMAN THE PHYSICIAN."—We are happy in presenting our readers with the able address of Mrs. NICHOLS, in the present number, under this title. We think she has made out a clear and strong case. If her positions are correct, a new revolution is at hand. What will our Allopathic doctors say to this? We pause for a reply. In the meantime, our women are buckling on the armor for a struggle which must ultimately prove successful.

WINTER WATER-CURES.—By referring to advertisement, it will be seen that the Glen Haven Water-Cure Establishment has already been arranged for the treatment of patients during the coming winter. We are glad to make this announcement, and hope others, favorably situated, will follow the example. It has been said that the winter season is by far more favorable for hydropathic practice than summer; yet we should not hesitate to apply it in all seasons, and for all diseases.

THE MOUNT PROSPECT WATER-CURE, at Binghams, N. Y., has been placed under the medical direction of DR. O. V. THAYER, one of our contributors, in place of Dr. Barrott. This establishment will continue in operation through the year. Its accessibility by the New York and Erie Railroad, combined with other advantages, will render it popular at all seasons.

THE WATER-CURE LIBRARY.—Since the announcement of this work, about a year ago, there have been sold, TEN THOUSAND AND FIVE HUNDRED VOLUMES. This shows "which way the wind blows." What other work, devoted to health, can show an equal circulation, in the same length of time?

Business Notices.

FOWLERS AND WELLS IN BOSTON.—In compliance with the wishes of their friends, and with a view of still further expanding their business, and accommodating the New England people, they have located a branch establishment in Boston. This will be a great convenience to their Eastern friends, and, we doubt not, will prove "both pleasant and profitable" to themselves.

The Branch Office will be opened, with a complete stock of their publications, on the first of next month, NOVEMBER. The store is now being fitted up for their use. It is situated on Washington street, No. 142, two doors north of the old South Church, near the head of School street.

SUBSCRIBERS will continue to address them as now, on all Journal business. Also, when ordering books by mail, as their publication office will still be in New York.

One of the PROPRIETORS will remain in Boston, assisted by

MR. DAVID P. BUTLER, well known to many of the People, both of New York and Massachusetts.

When opened, they will be happy to meet all Water-Cure and other friends, at No. 142 Washington street, Boston, Mass. ["THE ATHENS OF AMERICA."]

ABOUT ADVERTISING IN THE WATER-CURE JOURNAL.—The Publishers are often questioned verbally, and by letter, in relation to the various Water-Cure Establishments, which questions, covering terms, location, etc., should be answered by advertisement or by letter to the proprietors of establishments; as the publishers of the Journal have no other means of obtaining such information.

AGAIN—We wish to have it distinctly understood, that the publishers have no pecuniary interest whatever in any Water-Cure Establishment.

After the insertion of a single elaborate advertisement, a brief card, of from ten to fifteen or twenty lines, judiciously worded, will be sufficient as a standing advertisement.

ENGRAVED VIEWS of Water-Cure Houses, once published in the Journal, always serve to draw public attention to the same. The cut or engraving may afterwards be used to print on circulars, cards, etc., to be hung up in public places.

Those Establishments designed to be kept open during the winter should be announced early in the season, as many persons require time to determine when and where they will go to be treated.

By observing these points, the public, as well as the proprietors of Establishments, will be the better served.

TRAVELING AGENTS FOR BOOKS.—J. N. T., writing from Bethlehem, N. H., remarks:—

"AGENTS, who would talk with every family, and put up for the night at FARMERS' COTTAGES, would do an immense amount of good in this northern region, where consumption has become almost an epidemic."

The right way to succeed in the sale of books is here suggested. Stop with the Farmers, if you would be well provided for, at a moderate expense; where you may always exchange books for food and shelter, to the mutual advantage of all parties. This course has been adopted in the South and West by several of our most successful agents.

FRAUD.—"Certain Eastern publishers are in the habit of sending a copy of their publications to the western press for a notice; and when they receive one, of discontinuing their work. This is but little short of fraud. We would like to know what has become of the Daguerrean Journal, The Mother's Magazine and Family Journal, The Hydropathic Encyclopedia, Sear's Family Visitor? In all justice we ought to have these regularly."—*Pittsburgh Family Monitor*.

So you ought, but we can only answer for ourselves and the ENCYCLOPEDIA. On referring to our books, we find all right there; and as we have the most careful management in our mailing department, we are quite sure the fault is not with us. Please tell us what numbers you have not received, and we will try to complete your files.

We disclaim the imputation in the above charge—should as soon attempt to practice a "fraud" on the man who prays for us, as on an EDITOR. No, sir, we don't train in that company. Besides, we know our own interests too well to withhold any thing we publish from an Editor.

FOR SALE, FOR A WATER-CURE HOME.—A large new house, in the village of Waterbury, Conn., one of the finest villages in the State, accessible by direct railroad from New-York or New-Haven, with a population of 5,000. The house is located on a hill, commanding an extensive view, with ample rooms, heated by a furnace; furnished with pure spring water, carried over the first story, and is in perfect order. The grounds are two and a half acres in extent, with a good garden. Price \$7,000, of which \$3,000 can remain on mortgage. Apply to LEONARD BRONSON, Waterbury, Conn.

BLAKE'S PATENT FIRE-PROOF PAINT.—This article is capable of being converted into almost as many uses as India Rubber or Gutta Percha. At another time we will tell our readers more about it. At present the brief advertisement in the present number of the Journal must suffice.

"WATER-CURE JOURNAL."—What has become of this work? We have received but two numbers during this year, and we have complied with the requisitions, consequently we would like to have it. What have you to say, Messrs. Fowlers & Wells?—*Vincennes Gazette*.

Simply this. On examination, we find all right on our book, and we do assure you our Journals are regularly mailed and directed to the "Gazette," Vincennes, Ind.

We have you duly credited for the "Quid pro quo," but we lack the clairvoyant power to trace these Journals after they leave our office. Perhaps some of "Uncle Sam's" men or boys could answer for the missing numbers.

OUR NEW BOSTON AGENCY.—WM. P. & L. W. MYERS, of New Boston, Illinois, have a large assortment of our works, with which to supply the demand in that vicinity. They are authorized agents for our JOURNALS and THE STUDENT.

Varieties.

TIGER AND WOLF SPIDERS.—If the more wary roamers of the forest and the desert have thus their insect images amongst spider "Vagrants," the more daring have resemblances as apt in the bolder "Hunters," such as spring openly on their prey, and, after destroying, carry it for devourment to their dens. On a flowering-shrub sits an enormous hairy-leg of this description, on the look-out, we may be sure, for game: perhaps a swollen blue-bottle, a fat drone bee, or an overgrown crane-fly. No; he aims, or we may almost say he flies, at a higher quarry, at a living prey, lustrous as a gem, swift as the lightning; as it darts from flower to flower, too rapid on the wing for human sight to follow, yet not so rapid as to elude the eight-eyed vision of the monster which has marked it for destruction—not so rapid as to outstrip his eight-legged spring, or to escape the eight terrible claws which will soon engrasp the feathered honey-sipper, and bear it from its sunny joys to be devoured in a den of darkness. The hunter here is the gigantic bird-spider of South America; its prey, which it equals in dimensions, one of the glittering, quick-winged humming-birds, which often, it is said, fall victims to this insect enemy, for bulk and fierceness the lion of its tribe. Compared with the above, our little native tiger of the same race may seem a tame and insignificant destroyer; but not so, we warrant, to its insect prey. This is of that pretty, common species, banded like the zebra, with stripes of black and white. Everybody must have seen them upon sunny walls, and window-seats, and palings (their scorching deserts), from spring to autumn, though not many, perhaps, have derived as much *divertissement* as the "Sylvan" Evelyn from observation of the cunning dexterity with which they watch, then leap upon their prey; when he noticed of these, or of some allied *venatores*, how that one of them, if it "happened not to be within a competent leap, would move so softly as the very shadow of the gnomon seemed not to be more imperceptible, unless the fly moved, and then would the spider move also in the same proportion, keeping that just time with her motion, as if the same soul had animated both those little bodies." These hunters, at least some of them, though they do not weave snares, can weave nests, usually a close tissue, within crannies and crevices, their common lurking-places. The wolf-spider is another of the hunters, which, seizing its prey openly, bears it to its den, a cavity beneath a stone. This carnivorous prowler, which is of a dark greenish-gray, haunts the borders of ponds and streams, and, as well as diving under, can walk on the surface of the water; and another can perform the same feat, either to escape enemies or to pursue game, the various winged insects which skim the face of the same liquid mirror. The power of fasting for long intervals between their sanguinary repasts, is another characteristic held by many of the larger predatory animals in common with the spider. One of the latter, kept by Vaillant for ten months under a sealed glass, was found reduced only in size, and not, seemingly, in health or activity.—*Episodes of Insect Life.*

[We shall look out for spiders of every description. They are very fond of blood, and set their nets so cunningly that even *human* game sometimes gets entrapped by them.]

A NEWSPAPER AT LITTLE SODUS BAY.—Now that the LAKE ONTARIO, AUBURN, and NEW YORK RAILROAD COMPANY are about to open the HARBOR, and establish a PORT OF ENTRY at this place, it affords a capital opening for the publication of a newspaper.

For local news, advertising, reporting the arrival and departure of vessels, the business of the place and surrounding neighborhood will soon require a respectable newspaper. At present there is no paper within twenty miles on the south or west, fourteen miles on the east, and away over the lake, some seventy miles on the north. Here then is a fine large field, with an intelligent population, entirely unsupplied, except by papers published at a distance, none of

which answer the necessary purposes of a local press. The town of STEBLING, containing not far from four thousand inhabitants, and rapidly increasing, could alone liberally support a first class NEWSPAPER.

The termination of the railroad, and the opening of the bay for a harbor, and other improvements now progressing, bid fair to place LITTLE SODUS, in a short time, by the side of her older competitors. When once opened, it is said this bay will accommodate "all the shipping on the lake;" and for security in a storm, or to lay up vessels in winter, this bay is unsurpassed. Who will establish the first newspaper at Little Sodus Bay?

A FAMILIAR DIALOGUE between a druggist and a bald-headed gentleman:—

Druggist.—"Yes, sir, there is no question about it; our extra extract of bear's grease is just about the finest thing in creation for producing a tremendous rush of hair on a bald head."

Dispassionate Inquirer.—"Then might I take the liberty of asking you how it is you remain with so little of the usual covering on your own head?"

Druggist.—"Yes, sir; certainly, certainly, sir; yes, oh, yes, sir—certainly, sir; yes, sir—y-e-e-s. Why, the fact is this: I—put on such a remarkably large quantity once, that it all grew off in the middle of the night; that is to say, the hair died because it grew so fast; but then, you see, I put on too much, and I always make a habit of cautioning my customers against putting on more than a quarter of a pound at a time."—*Knickerbocker.*

AN ENGLISH BUSINESS WOMAN.—Talk about the Yankee's "love of money," his wooden nutmegs, horn flints, white-oak hams, and other money-making inventions—they are never coupled with death, nor appeal to the sympathies, like the following:—

Business and Sentiment.—We are often entertained, says an English journal, by the tone of sentiment adopted in advertising a death. There is frequently a facetious union of puff and despondency. We will give a specimen:—

"Died, on the 11th ult., at the shop on Fleet street, Mr. Edward Jones, much respected by all who knew and dealt with him. As a man he was amiable, and as a hatter upright and moderate. His virtues were beyond all price, and his beaver hats were only twenty-four shillings each. He has left a widow to deplore his loss, and a large stock to be sold cheap for the benefit of his family. He was snatched to the other world in the prime of his life, and just as he concluded an extensive purchase of felt, which he got so cheap, that the widow can supply bonnets at a more reasonable charge than any other house in London. His disconsolate family will carry on the business with punctuality."

DRESSES AT THE DRAWING ROOM.—Godey's Lady's Book, for September, contains the following:—

The Queen wore a train of blue watered silk, brocaded with gold, trimmed with blue ribbon and tulle, and ornamented with diamonds. The petticoat was of white satin, trimmed with tulle and white ribbon, and also ornamented with diamonds. Her majesty's head-dress was diamonds and feathers.

Her royal highness, the Princess of Prussia, wore a train of white watered silk, trimmed with gold blonde. The petticoat was of the same material, ornamented in front with poppies. The head-dress was formed of diamonds and emeralds, with feathers of gold and blonde.

[Who saw and examined their petticoats, that a public description should thus be given of them. If this was necessary, why not continue the examination still further, and tell the world the quality of their garters, and other parts of the royal equipage. Is the petticoat of a queen more visible and worthy of notice than the petticoat of anybody else?]

"KICK THE RASCAL ROUND THE WORLD"—*Old Shaks.*—The Prairie du Chien Patriot cautions its brother printers against one Dr. PRUDEN, a lecturer on Biology, who is perambulating our State, and habitually neglects to pay his printer's bill. The Patriot was stuck about five dollars. Give him fits.—*Wis. Democratic State Register.*

[Wonder if these editorial gents would like to have "fits," if they should fail to pay their bills. We suppose Dr. Pruden was imprudent, for incurring expenses, in trying to enlighten the benighted people of Prairie du Chien. Be merciful, gentlemen; give him anything else but "fits."]

NEW YORK MODESTY AND BOSTON BRASS.—We see, "by the papers," that our New Yorkers, lacking that of which the Bostonians were overstocked, have been obliged to order from these gents no less than 23,000 pounds, in the shape of common BELL-METAL. This, we believe, is the largest bell in America, and is to be placed in the Iron Tower, on Thirty-first street, New York, as an alarm, or fire bell. Thus, while

Boston sends us brass, we send her silver and gold. What an unequal exchange!—Boston Brass, and New York Gold!

NEWSPAPERS OF THE WORLD.—There are 10 newspapers in Austria, 14 in Africa, 24 in Spain, 20 in Portugal, 30 in Asia, 65 in Belgium, 85 in Denmark, 90 in Russia and Poland, 300 in Prussia, 320 in other Germanic States, 500 in Great Britain and Ireland, and 1,500 in the United States.—*Washington Union.*

["Straws show which way the wind blows," and newspapers show the general intelligence of the people. From the above, it appears that we, "UNCLE SAM," are a little ahead of all other villages. Besides, we have the only WATER-CURE JOURNAL in the world!!]

MINNESOTA.—The population of St. Paul, 750 miles above St. Louis, on the Father of Waters, is 2,000, and rapidly increasing; 64 houses have been erected since the 1st of March. St. Anthony, at the falls of that name, contains 1,000 inhabitants; five steamboats arrive here weekly, all crowded with passengers. Stillwater is the only other considerable place, though other villages are springing into existence every year, and growing rapidly. "To the invalid its dry, bracing air, and pure spring water, are a panacea for all the ills with which he is afflicted. To the farmer it presents a soil rich and fertile, well watered with beautiful rills and rivulets, and a climate well suited for a great variety of productions."—*Minnesota Pioneer.*

[A capital advertisement. Go to Minnesota and settle.]

SERIAL PUBLICATIONS IN ILLINOIS.—[Our friend and correspondent, "J. G." gives us the following, which is a recommendation for the intelligence of the people:]

MOLINE (ILLINOIS) contains 850 inhabitants; and exclusive of foreigners (not including those from England and Ireland) and transient persons, about 650. The number of papers regularly delivered to the above 650, is 211 weekly, one semi-weekly, 134 monthly, 5 semi-monthly, and 16 quarterly publications. Total, for the year, 12,940.

MINERAL WATER AND DOUBLOONS.—Isn't it singular that mineral waters are only beneficial to the wealthy? In all our experience, we never knew a physician to advise a poor man to go to Saratoga, or any other watering place. Why carbonate of lime should only operate on doubloons, we can't conceive.—*Albany Dutchman.*

['Tis strange, ain't it? but "strange as 'tis, 'tis true." Fresh water will do for us, and our thirty thousand subscribers. We don't think much of mineral water, we don't. We had just as soon drink the carbonate of salt as the carbonate of lime, or anything of that sort.]

THE CATTARAUGUS CHRONICLE publishes the likeness of a young squaw with a short dress, and remarks:—

"We don't think it hardly fair to our ladies, to appropriate the Indian dress to their own use, and style it the 'Bloomer,' 'Turkish,' and the like. Why not style it 'Indian,' or 'North American' Costume?"

[We believe it has been determined, very generally, to designate this style THE AMERICAN COSTUME. This will be just and proper.]

THE LAST PRIZE TALE.—"Amy's heart beat as if it would burst, but at length she found courage to say—"

[To be continued.]

No doubt of it.

To Correspondents.

SUPPORTERS, BRACES, &c.—L. S., Bloomville. "Having noticed several articles in the Water-Cure Journal, denouncing in strong terms the use of abdominal supporters, or 'abominable supporters,' as the writer in the Journal is pleased to call them, I wish to propound several questions:

1. Are they not beneficial in some cases, such, for instance, as diseased abdominal muscles?
2. Do not these muscles, stomach, and bowels, need support, as well as the broken bone, i. e., until they regain their former strength?
3. Are shoulder-braces useful in diseases of the chest?
4. Are not shoulder-braces and supporters highly recommended by the M. D.'s?"

We will answer the questions in their order:—1. They are temporarily beneficial, but permanently injurious, by preventing the natural action of the muscles. 2. There is not the least analogy between a broken bone and a weak muscle or viscous. If the stomach and bowels should be broken, we would not object to mechanical support. Weak muscles need exercising, which is the exact opposite of confinement. 3. Shoulder-braces are far less useful than judicious muscular

exercises without them. 4. There is nothing good or bad, sensible or silly, but what a string of M. D.'s can be made to certify to. That question is rather—green.

DYSPEPSIA, WITH CONSTIPATION.—J. M. S., Woodstown, N. J. Your case is evidently a long-standing affection of the liver, and requires a thorough but careful treatment. The wet sheet pack, followed by the tepid half-bath, daily, one or two sitz baths daily, and the constant employment of the abdominal compress, are the proper bathing appliances. The diet must also consist mainly of brown bread, cracked wheat, and mild fruits and vegetables. In candor, however, we must say, that yours is one of those cases which can be successfully treated at a good water-cure establishment, but *will not* be at home. The probability is, that if you undertake to manage your own case, you will mismanage it, and then Hydropathy will have to bear the blame.

ENLARGEMENT OF THE HEART.—E. E. M., Pleasant Grove, Ind. If your physician is correct in the opinion that you have an organic disease of the heart—which fact we cannot decide without a personal examination—the proper plan for you to pursue is, to adhere to an extremely plain and simple diet, take a daily tepid bath, and exercise as much as you can, without producing any unpleasant disturbance of the circulation. A majority, however, of the affections which physicians are in the habit of imputing to diseases of the heart, have their source in torpid livers and constipated bowels, and should be treated accordingly.

SOFT WATER AND HARD WORDS.—W. S. J., Franklin, Ohio, wants to know how to have soft water in the lime-regions of Ohio; and also what such terms as "sitz-bath," "Douche," "Rubbing wet sheet," etc., mean? With regard to the water, if there are no soft water rivers, streams, or springs in the vicinity, the only alternative is to catch rain water, and keep it sweet in a dry time by chilling it frequently with ice. As to the words, "Shew's Manual," "Hydropathy for the People," or the "Hydropathic Encyclopedia," give the desired explanations; any or all of which books may be had at the office of the Water-Cure Journal.

ERYSIPPELOUS HUMOR.—A. R. P., Taunton, Mass. In the case of your child, which is covered with erysipelas eruptions, the most rigid attention to diet is indispensable. She must abstain from all animal food save the moderate use of milk, and avoid salt, and all kinds of grease. Brown bread, mealy potatoes, and ripe baked apples, are the best articles. In her present condition much cold water treatment is not proper. Tepid sponging, or a tepid half bath, once or twice a day, is all that is necessary probably.

CANKER IN THE MOUTH.—M. A. Erie, Pa., drinks no tea nor coffee, and takes no pills nor powders, yet is troubled with a cankerous state of the mouth, and wants to know how to live so as not to have this troublesome complaint? He must live healthfully in all respects. There are many injurious things besides the four above named; and when a patient asks us to put him on the road to health, he must tell us what he *does* do, as well as what he does not do; otherwise it is not in our power to serve him.

SHOWER BATHING.—A. W. C., Jr., Bethany, Va. Shower bathing is a good appliance for those who have a good degree of animal heat—what is called an active circulation—provided there is no tendency to head-ache, or rush of blood to the head. The best time to take it is on rising in the morning. In "weakness of the breast," the half-bath and chest-wrapper should be employed; also, physiological exercises, to expand the lungs, and strengthen the external muscles of the abdomen.

EPILEPTIC FITS.—J. M. W., North Carolina. Without a description of your exact bodily condition and personal habits, we could not send specific directions. But in all cases, attend to the circumstances affecting the general health. You ask us to write full explanations, &c. In this department, we can only answer specific questions. If you wish full instructions, you must write a full statement of your case to a hydropathic practitioner.

CATARH AND EAR-ACHE.—C. B., Brunswick, O. Your case requires the wet sheet pack perseveringly, and a plain and rather abstemious diet. Your friend should adopt, in addition

to moderate general treatment, an exclusive vegetable or fruit diet. She is one of those cases who do best at the establishments, for she undoubtedly needs *mechanical* treatment.

PILES.—A Constant Reader, Waltham, Mass. Is a spare diet or a full one best in this disease? A very plain and rather abstemious diet is the best in all cases; and in very bad cases, attended with diarrhoea and prolapsus of the rectum, a rigidly simple and spare diet is absolutely necessary. The time required to cure varies from a few weeks to several months.

DIARRHOEA, WITH PROLAPSUS OF THE RECTUM.—A. K., Keenport. There are many cases of this kind, in which cold water by injection increases the contractile effects of the displaced bowel, and hence aggravates the pain and disease. In these cases we must rely on tepid or warm hip-baths, to quiet the irritation, with such general treatment as the other circumstances demand.

DYSPEPSIA WITH ENLARGED TONSILS.—S. R., Peru, Ill. You have a torpid liver, and the gastric secretions have evidently been injured by lobelia and hot stuff. Wear the abdominal compress, take frequent hip baths, and pack once or twice a week, with a daily ablution or tepid bath. It would be to your advantage to employ unfermented bread as a part of the diet.

SCALY TETTER.—W. G. There is no doubt a full course of Water-treatment would entirely cure your complaint. You should go to an establishment a few weeks, and afterwards you can complete the cure at home. As you suppose, your disease will be fully treated in the Hydropathic Encyclopedia. Your numbers are now ready.

A CASE OF FOUR YEARS' STANDING.—G. T., of Rhode Island, must give something like a specific statement of the case, before we can tell him what to do. We do not like to prescribe without knowing precisely the nature of the complaint.

SCROFULOUS SORE EYE.—J. T. V., Vernon, Ind. The scrofula, in the case of the child you mention, is to be cured by general treatment; after which the eyes will recover without any special medication.

CARSON CLARK, ESQ., left, in the same envelope, two communications at our office, one directed to the New-York Evangelist, the other to the Water-Cure Journal. They seem to be duplicates, alike in every particular, which at first inclined us to the belief that they were designed for ADVERTISEMENTS; but as no names were attached, we changed our views. The author will please instruct us as to what use he wishes made of them. They would make capital advertisements.

F. B.—Your Stanzas on Rum, Tobacco and Snuff are received, and contain many good ideas; but as the style is so imperfect, we beg leave to decline their publication.

PERIODICAL BILIOUS COLIC.—S. A. M., Alleghany Co. You require a coarse unconcentrated fruit and vegetable diet, with one general cold bath daily, and frequent short cold sitz-bath. During the paroxysm of colic use the warm or hot sitz-bath, until relief from pain is obtained.

S. W., BALLSTON SPA.—About the new mode of building we shall be happy to inform our readers at an early day. Mr. O. S. P. is now preparing for the press a complete description of the plan, and mode of building. When ready, it will be announced in this Journal.

J. E. G., CLINTON W. C. The communication by "Ambrose" is of so little general interest, and so entirely local and personal, that we can not insert it, except as an advertisement. In this department, we shall be happy to grant "special favors" for a "consideration."

S. K. HOLLISTON.—Adopt that fashion which your own judgment approves. We cannot now give patterns. Think your own constructiveness and intellect will enable you to invent a style adapted to your own figure. Try it.

H. S., ATTLEBORO, Mass.—Your "Thoughts on Friendship" are pleasant and cheering, yet not exactly adapted to our pages.

Book Notices.

REPORT OF THE COMMISSIONER OF PATENTS, for the year 1851. Part I—Arts and Manufactures. By Thomas Ewbank, Commissioner of Patents. Washington, D. C.: Office of Printers to the House of Representatives.

A large octavo volume of 470 pages, poorly printed on very poor paper, but "full to the brim" of statistics, important to every American citizen, and to the world. This volume contains—Finances and Statistics; Inventions and Claims; Examiners' and Machinists' Reports; Historical Notices of Inventors and Patentees; Early Machinery in America; Communications; Abstracts from State Papers.

Mr. EWANK will accept our thanks for his attention, in placing this valuable national document at our disposal. We shall make public use of it.

THE YOUNG LADIES' BOOK, or Principles of Female Education. By REV. WILLIAM HOSMER, Editor of the Northern Christian Advocate, Auburn, N. Y. DERRY & MILLER.

It was through the influence of this zealous editor and author, that the citizens of Auburn were induced to subscribe \$20,000 for the purpose of establishing a Female College in that thriving city.

In the volume before us we have a mass of valuable suggestions in regard to education, domestic duties, manners and morals, most of which are capable of practical application in the affairs of every-day life. Every female would derive advantage by a perusal of this work.

The author is plain and direct in what he writes. *He holds every one to a strict account for their every act, without palliation or apology for misdeeds.* Perhaps he may be too rigid in his moral code.

The perfect familiarity with the subject evinced by the author, proves him to be a man of large experience and close observation, as he fails not to carry his precepts into all the duties of the mother and daughter, in every department of life. The book is the best we have met of its class.

THE HORTICULTURIST, and Journal of Rural Art and Rural Taste. A. J. DOWNING, Editor. Albany, N. Y.: LUTHER TUCKER, Publisher. Terms, \$3 a year.

The conductors of this work doubtless find it "both pleasant and profitable." Were it not so, the State should settle a pension on them for life, as remuneration for the good they have done and may continue to do, by the publication of this most valuable serial. We wish it were in our power to induce every family to subscribe for it.

THE ORGANIZATION OF LABOR AND ASSOCIATION. Translated from the French of Math. Briancourt, by Francis George Shaw. 103 pages. For sale by FOWLER & WELLS. Price 25 cents.

Even the most strenuous opponent to anything like association cannot fail to be pleased by a perusal of this work.

The doctrines of an organized system of labor and associative interests have much in them worthy of attention, and the name of the translator is alone sufficient to induce one to purchase and read the book.

THE BEAUTIES AND DEFORMITIES OF TOBACCO-USING, or its Ludicrous and Solemn Realities. By L. B. COLEA, M. D. Boston: GEORGE C. RAND. For sale by FOWLER & WELLS, New York. Price 50 cents, by mail, postage paid.

At present we have time and space only to announce the publication of this, the *best looking* work on the subject. After a perusal, we shall tell our readers more about it. Even after merely glancing over its pages, we do not hesitate to pronounce it worth ten times its weight in tobacco.

THE SKEINER OF SOCIETY, No. 2.—Cost the limit of Price; a scientific measure of Honesty in Trade as one of the Fundamental Principles in the solution of the Social Problem. By Stephen P. Andrews. New York: WM. J. BAKER. Price 50 cents.

The above is the title of a 12mo of 214 pages, written for the purpose of giving the author's opinion that everything should be sold for exactly what it costs to produce it, and gives his reasons for such an opinion at length. As he admits, in his preface, that this principle can not be applied until a community can be converted to believe that it is right, and only then, by and among persons who are strictly honest, it seems to us that it is better adapted to "the good time coming," than the present, and that the true science of government, which he says is "that men cease totally to attempt to govern each other at all," must be understood, appreciated, and practiced, before cost will become the limit of price, to any great extent.

THE ILLUSTRATED AMERICAN NEWS. Published weekly, at \$2 a year. By T. W. STRONG, New York.

The best pictorial paper this side of the Atlantic, and the best for its price in the world. Besides a large number of "speaking engravings," the matter is sensible, lively, and useful.

We hope the Illustrated American News will be liberally patronized.

"A supplement to this paper, containing a description of the entire route from New York to Dunkirk, on the New York and Erie Railroad, with thirty illustrative engravings, is, by odds," says *Arthur's Gazette*, "the most valuable and interesting pictorial sheet that has ever been published in this country. The price, only ten cents a copy, must give it a very large circulation."

THE PHILOSOPHY OF JUSTICE between God and Man: being an attempt to show, from candid examination of the Scriptures and the powers of entities, that the existing Philosophy of Religion, both Calvinist and Arminian, is opposed to the Bible and to Reason. By Benjamin Blood. New York: JOHN S. TAYLOR.

This work, which contains articles on the Deity—Morals—Will—Necessity—Sin and Punishment—Explanation of Divine Justice and Examination of the Scriptures, will be reviewed at length in the *Phrenological Journal*.

REVERIES OF AN OLD MAD; embracing Important Hints to Young Men. Embellished with forty engravings. New York: DEWITT & DAVENPORT.

An illy-chosen title; yet it may sell the book. The author has attempted to "show up," in the most democratic manner, some of the absurd and foolish extravagances of fashionable society; but it has no more to do with old maids than with a "tea-pot." The book will find a large market, and enable not a few individuals to "see themselves as others see them," in a most laughable and ridiculous light.

THE WESTMINSTER REVIEW, Vol. XXII., No. 11, contains articles on the Enfranchisement of Women; Electro-Biology; Extinction of Slavery; the Industrial Exhibition; the Royal Academy; the Creed of Christendom; Explanations on Education; Organic Reform; Foreign Literature; Critical and Miscellaneous Notices. New York: LEONARD SCOTT & Co., publishers.

THE NORTH BRITISH REVIEW, Vol. x., No. 11—same publisher—is also before us, made up of the following articles:—The Social Science—its History and Prospects; the Literature of Apologetics; Net Results of 1848 in Germany and Italy; Typical Forms—Goethe, Professor Owen, Mr. Fairbairn; Recent Works of Fiction; Kingsley's Saints' Tragedy, and Sermon; Character in Architecture; the Five Wonders of the Holy Church; Mr. Babbage on the Exposition of 1851; Appendix.

THE AMERICAN WHIG REVIEW, for September, contains the Reminiscences of Hon. Sargeant S. Prentiss, with a fine Portrait of the distinguished Senator, and many articles of interest. Any Whig that does not read the "Review," can not expect to be well posted up in the principles and measures of his party. Where is the old DEMOCRATIC REVIEW? We have not seen it since the last presidential election.

BRAITHWAITE'S RETROSPECT of Practical Medicine and Surgery—Part 23d, just published—contains reports of many cases, mostly treated in the Allopathic mode.

HARPER'S, and THE INTERNATIONAL MAGAZINES.—The September numbers of these giants among the monthlies have been received, and, upon examination, we find that they are fully equal to, if not better than, any of their predecessors. They furnish the best and cheapest reading matter of any publication in the world—always excepting the Water-Cure and Phrenological Journals.

THE PLOW, THE LOOM, AND THE ANVIL.—We find on our table the September number of this valuable publication, which is, as usual, full to the brim of useful and instructive matter. How any farmer or mechanic, having once seen a copy of it, can do without it, is more than we can imagine. It is edited by F. G. Skinner, and published by R. C. Thompson, 79 Walnut street, Philadelphia.

ANNALS OF THE MINNESOTA HISTORICAL SOCIETY, for the years 1850 and 1851. St. Paul: D. A. Robertson, printer.

The Hon. C. K. SMITH, of Minnesota, has kindly sent us copies of the proceedings of this society, from which we expect to make some interesting extracts for the benefit of our readers. At present, we can only acknowledge the receipt of the documents, and our obligations to the Hon. Secretary.

THE AMERICAN TEMPERANCE MAGAZINE; the best thing of the kind, both as regards contents and style ever published. The September number has a fine steel Portrait of the Hon. John Belton O'Neale. It is well worthy the support of the temperance community.

THE LONDON MEDICAL STUDENT, or Curiosities of Medical Experience. By PUNCH. New York: STRINGER & TOWNSEND.

An interesting satire, well calculated to amuse. A jolly fellow for an author, who gives "Punch" credit for his own nonsense.

SELF DECEPTION, or the History of a Human Heart. A new work, by Mrs. Ellis. Now being published in numbers, with illustrations, by STRINGER & TOWNSEND, New York. Parts 1 and 2 are now ready.

PERKINS'S PERMANSHIP—large and small hand—Nos. 1 and 2. Price 12 1-2 cents each, or 25 cents for the two.

By referring to an advertisement in this Journal, it will be seen that the publishers are now selling these excellent copy-books at wholesale and retail. They may be sent by mail, free of postage, to the purchaser.

Advertisements.

THE TERMS for advertising in this Journal will be as follows: For a full page, one month, \$40. For one column, \$15. For half a column, \$8. For a quarter of a column, \$5. For less than a quarter of a column, twenty cents a line.

No advertisements of an improper character will be admitted, and but a limited number of any kind.

WORKS ON HYDROPATHY published at the office of the Water-Cure Journal, by FOWLERS & WELLS, 131 Nassau street, New York.

WATER-CURE JOURNAL and Herald of Reforms. Devoted to Hydropathy and Medical Reform. Circulation 30,000. A year, \$1 00.

ACCIDENTS AND EMERGENCIES. By Alfred Smae. Illustrated. Every family should have it.—12 1/2 cents.

BULWER AND FORBES ON THE WATER TREATMENT. Edited, with Additional Matter, by R. S. Houghton, M.D. 75 cts.

CURIOSITIES OF COMMON WATER. With Additions by Joel Shew, M.D. From the fifth London edition of 1723. 37 1/2 cts.

CHOLERA: its Causes, Prevention and Cure; and all other Bowel Complaints, treated by Water. 37 1/2 cents.

CONSUMPTION, its Prevention and Cure, by the Water Treatment, with directions. Illustrated. 75 cents.

CHRONIC DISEASES, Especially the Nervous Diseases of Women. Designed for married people particularly. 37 1/2 cts.

SCIENCE OF SWIMMING: Giving the History of Swimming, with special Instruction to Learners. Illustrated. 12 1/2 cts.

SOBER AND TEMPERATE LIFE: With Notes and Illustrations by Comaro, who lived 154 years. Read this book. 37 1/2 cts.

WATER AND VEGETABLE DIET in Scrofula, Cancer, Asthma, and many other Diseases. By Dr. Lamb. 75 cents.

WATER-CURE MANUAL; A Popular Work on Hydropathy, with familiar Directions. Every family should have it. 75 cents.

WATER-CURE FOR WOMEN in Pregnancy and Childbirth. Illustrated with numerous cases. A good work. 37 1/2 cents.

WATER-CURE IN EVERY KNOWN DISEASE. By J. H. Rausse. Translated by C. H. Meeker, from the German. 75 cents.

ERRORS OF PHYSICIANS AND OTHERS, in the Application of the Water-Cure. By J. H. Rausse. 37 1/2 cents.

EXPERIENCE IN WATER-CURE, in Acute and other Diseases, with directions to patients. 37 1/2 cents.

HYDROPATHIC ENCYCLOPEDIA. A Practical System of Hydropathy and Hygiene. Illustrated. By R. T. Trall, M.D. \$2 50.

HYDROPATHY FOR THE PEOPLE. An excellent work on health. With Notes by Dr. Trall. 75 cents.

INTRODUCTION TO THE WATER-CURE. With an Exposition of the Human Constitution. By T. L. Nichols, M.D. 15 cents.

LECTURES ON HYGIENE AND HYDROPATHY. By R. S. Houghton, M.D. 37 1/2 cents.

HYDROPATHY OR WATER-CURE. Its Principles, Processes, and Modes of Treatment. \$1 25.

THE PHILOSOPHY OF THE WATER-CURE; a development of the true principles of Health and Longevity 25 cents.

THE PRACTICE OF THE WATER-CURE. By Drs. Wilson and Gully. 25 cents.

WATER-CURE IN AMERICA. Containing cases of various Diseases treated with Water. \$1 25.

These books may all be ordered and received by return of the FIRST MAIL. The publishers prepay the postage on the same. Address, post-paid, FOWLERS AND WELLS, 131 Nassau-street, New-York.

THE STUDENT,

A FAMILY MISCELLANY AND MONTHLY SCHOOL READER.

N. A. CALKINS, EDITOR.

THIS work is published monthly, containing thirty-two large octavo pages, illustrated with numerous engravings. Its object is the Physical, Moral, and Intellectual Improvement of Youth; and, being adapted to every member of the family, from the child just learning to read to the aged sire, it is emphatically the *Family Periodical* for every parent who desires an interesting, instructive, and valuable work to render home attractive, and to awaken and foster a love for useful knowledge in the minds of his children.

It embraces articles on the Natural Sciences, Physiology, Chemistry, Natural Philosophy, Astronomy, Botany, Geology, and the important discoveries in each; also History, Biography, Travels, Poetry, Phonography, and Music. The sciences are clothed in familiar and popular language; history is made interesting; valuable lessons are given in biography; natural history of beasts, birds, insects, and fishes is made instructive; in short, it contains encouragement and instruction for all, while it aims to be the CHEAPEST AND MOST USEFUL FAMILY PERIODICAL IN AMERICA.

TERMS, IN ADVANCE:—Single copy, \$1 00; five copies, \$4 00; fifteen copies, one year, \$10 00.

Please address all letters, post-paid, to Oct 21 b. FOWLERS & WELLS, 131 Nassau-st., N. Y.

READ WHAT THE PAPERS SAY.

The Student contains a well-arranged variety, which will be found of great interest to juvenile readers. Its moral tone is of the most elevated character, and the abundant instruction it affords is both pleasing and useful."—*New York Tribune*.

"The editor of *The Student* has marked out an original plan, more comprehensive than that of other juvenile magazines; for his magazine, while intelligible to the young, is not exclusively for them, but is adapted to the entire family."—*The Independent*, New-York.

"*The Student* is not only one of the cheapest, but also one of the best family periodicals in America."—*Democratic Reflector*, Hamilton, O.

"For the use of schools, and the instruction and amusement of the young, *The Student* has no superior."—*Ballston Democrat*.

PUMPS, FIRE ENGINES, CAST IRON FOUNTAINS, ETC.—The subscriber manufactures Double Acting Lift and Force Pumps, well calculated for Factories, Mines, Breweries, Iron Works, Railroads, Water Stations, Water Boats, Steamboats and Ships, family purposes, Stationary or Movable Fire Engines, etc.

The above Pumps, from their simple construction and little liability to disorder, are well calculated for supplying Water-Cure establishments with water, (when not supplied by a natural source,) and can be worked in various ways, either by water power, horse power, steam or manual power, besides using the same powers for many other purposes, when not in use for raising water, or even at the same time. Water can be carried over the grounds for irrigation, out houses, etc., or by means of hose and equipments inverted into a fire engine. Garden Engines, for one person to handle, with a small double-acting Force Pump, can be used for various purposes—washing windows, wetting plants, or throwing water upon trees for the purpose of destroying worms, etc., arranged on two wheels, that one man can take them from place to place, and work the pump and guide the stream at the same time.

Ornamental Cast Iron Fountains of various patterns and sizes. Jets of all descriptions.

Cistern and Well Pumps. I also manufacture Lift Pumps, for cisterns or wells, of any depth, to be worked by horse power or manual power. They are entirely of metal.

Force Pumps for Wells. Whenever water is required at a higher point than the surface of the well, or at any point where water will not flow of itself, and a Force Pump would be preferable, these are calculated for the purpose.

Village and Factory Fire Engines. These engines have a double-acting lift and force pump. They are light, easily handled, and worked by few men. Brakes are arranged fore and aft, or across the ends.

They are furnished in a plain but neat style. Copper-riveted hose of all sizes. Stopcocks of all descriptions. Wrought Iron, Cast Iron, Lead and Gutta Percha Pipes, etc.

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of Pumps, etc. G. B. FARNAM, 34 Cliff street, upstairs, formerly D. L. Farnam. May 12t

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—W. Endicott & Co., No. 58 Beekman street, New York, have lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in part first of the above-named well known and valuable work, by Prof. M. J. WEBER, of the Royal Prussian University, FREDERIK WILLIAM, at Bonn. Figures I, K, and L, representing the veins and arteries, are accurately colored from the original copy, and the whole work, with a comprehensive "Explanation," is offered for sale in sheets, or mounted in the usual style of maps, at the following prices:—

Fig. A. Male adult Skeleton, front view, single copies, plain, (in sheets.)	\$1 50
Single copies, plain, (mounted.)	2 50
Fig. B. Male adult Skeleton, from behind, single copies, plain, (in sheets.)	1 50
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Fig. C. First body of Ligaments, front view, single copies, plain, (in sheets.)	1 50
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Fig. D. Second body of Ligaments, from behind, single copies, plain, (in sheets.)	1 50
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Fig. E. First body of Muscles, front view, single copies, plain, (in sheets.)	1 50
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Fig. L. Third Gen. view of Blood vessels and Nerves, from behind, single copies, colored, (in sheets.)	2 50
Single copies, colored, (mounted.)	3 50
Whole sets in sheets and Portfolio	15 00
Whole sets mounted,	25 00
Oct. 11	

THE WELLS OF WELLES AND BARCOCK FAMILIES.—Members or connections of either of these families are hereby notified that Mr. Albert Wells, of New York, has been engaged for nearly twenty years in collecting a genealogical history of the lineal descendants of the first founder in this country; and has collected thus far nearly ten thousand names.

The object of this notice is to call the attention of those interested in the subject, and to request that they will furnish *without delay*,—first the name in full, date and place of birth of themselves, their father, grandfather, &c., and as far back as known; and if connected, it is desired to collect all the descendants down to the present time, to embody the same with those collected, and to make a book of each family.

A very large Genealogical Tree, 8 X 10, is already made—modelled after the famous charter oak of Hartford—as Gov. Thomas Wells was one of the first sons—and containing all the descendants ascertained, will accompany the work. These will be published if a sufficient number of subscribers offer to cover the expense.

Please attend to this and address (post paid), S. R. WELLS, 131 Nassau street, or ALBERT WELLS, 14 Wall st., N. Y. Sept. 21.—W. C. & A. P.

WRITING WITHOUT A MASTER.—Important to School Teachers, and to those wishing to learn to write—12½ cents each book—10 for one dollar.

The quickest and simplest mode of learning to write is the plan of the late Joseph Perkins, of New-York. He was one of the most finished and elegant penmen in the United States. We have for sale his copy slips, which are beautifully engraved, and will be eagerly sought after by people who are familiar with the fame of the author. The following are the books for sale:—

Perkins's Large Alphabetical Copies—containing twenty-four copy slips, including his first simple and easy rudiments of Learning to Write. Price 12½ cents.

Perkins's Small Alphabetical Copies—containing twenty-nine copy slips, and three pages of proverbs or copies for learners; and including the simple and easy rudiments of learning to write a neat and plain small hand. Price 12½ cents.

We have a quantity of these elegant, valuable, and scarce copy slips. We sell ten books for one dollar, which is the lowest wholesale price by the thousand.

Persons wishing to learn to write a handsome, easy, and graceful hand, will find this mode the most simple ever invented. School Teachers who have never seen Perkins's penmanship will be delighted with the beauty and graceful style of it. For sale by FOWLER and WELLS, New-York.

BLAKE'S PATENT FIRE-PROOF PAINT.—The original and only genuine article that can be sold or used without infringing my Patent, and which, in a few months after applied, turns to a SLATE or STONE, forming a complete ENAMEL or COAT OF MAIL, over whatever covered, bidding defiance to fire, water, or weather. It has now been in use over seven years, and where first applied is now like a stone.

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone, and various kinds of worthless stuff, and endeavoring to sell it as Fire-proof Paint. I have recently commenced three suits against parties infringing

my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 64 Pearl street, New York, from the patentee, WM. BLAKE. Oct. 31.

BUCHANAN'S JOURNAL OF MAN, (enlarged) monthly, 32 pages, \$1 per annum, in advance.—Bimonthly and monthly, \$2 per annum, in advance; six numbers of 32 pages and six of 66 pages each, making 768 per annum.

Volume 3d, from July, 1851, to July 1852, will continue as heretofore to present new discoveries in PHRENOLOGY, PHYSIOLOGY, and PSYCHOLOGY, forming a complete and original system of ANTHROPOLOGY, and will survey from this new position the great spiritual and humanitarian progress of the age. Specimen numbers freely and gratuitously sent by mail. Volume 1st, containing 624 pages and nine illustrative plates—two showing the new system of Phrenology—will be sent by mail for \$2. Address the editor, Dr. J. R. Buchanan, Cincinnati. Sept. 21.—W.C. & A. P.

NOYES WHEELER, PRACTICAL PHRENOLOGIST and CRASH-COPPER, 247 Washington-street, Boston, is prepared to give professional examinations, including charts, verbal and written delineations of character, capabilities, most suitable occupations, etc., etc. Office hours from 9 A. M. to 1 P. M., and 2 to 7 P. M.

FOR SALE, all kinds of Phrenological Books, especially those published by Fowlers and Wells. SUBSCRIPTIONS received for the American Phrenological Journal, and the Water-Cure Journal. Oct. 11b.

BOSTON FEMALE MEDICAL SCHOOL, conducted by the Female Medical Education Society. The seventh term will commence on Wednesday, Nov. 5, 1851, and continue three months. Tuition \$25. Board in the city to be had at \$2 to \$3 per week. The Society's Report, giving particulars, can be obtained of the Secretary, TIMOTHY GILBERT, PRES. SAMUEL GREGORY, SECT. 17 Cornhill, Boston, Mass. Sept. 21 A P & W C.

EMPLOYMENT.—A few active, intelligent men will be employed by the undersigned, in the business of life insurance. Men of energy and good address will find the business profitable and agreeable. Write me, Rome, N. Y., post paid, T. JONES, JR. Oct. 11.

82 NASSAU STREET, N. Y.—Boot Makers' Union Association.—Boots, Shoes, and Gaiters, at retail for wholesale Oct. 11b.

WATER-CURE ESTABLISHMENTS.

WINTER ARRANGEMENT.—The Glen Haven Water-Cure at this date opens for a course of winter treatment. The climate of "THE GLEN" in the winter is delightful for invalids. The establishment has every facility for winter treatment, and the proprietors can and will make it genial and highly beneficial.

Our prices will be the same as in the summer, five or six dollars a week. But, desirous to do good, and to give to the sick who are poor, if possible, the benefit of the treatment, we propose to take TWENTY PERSONS, if so many choose to apply, for FOUR dollars a week, payable weekly—conditioned as follows:—

1st. The applicant must have, in our judgment, a curable disease.

2d. He or she must be poor in purse. For those who have money, and want our skill, our regular prices are exceedingly reasonable.

3d. There must be a specified time during which they shall, extraordinary cases excepted, stay. We wish to make the treatment available, and so shall ask time.

4th. If severe and long crises occur, they must meet any reasonable extra cost.

5th. This offer does not include the use of packing clothes or personal clothes washing.

Let not the poor say that one Water-Cure does not open its doors to a certain extent to them. We will do for those who avail themselves of our offer all that skill and kindness can do to give them health.

Our winter route will be to Skaneateles Junction by railroad, from thence to "the Glen," by good livery conveyance, for a reasonable sum. Let none hesitate to come for fear that the treatment will be ungenial. All will be agreeable, and well calculated to improve the patient. Address J. C. JACKSON, M. D., Scott, Cortland Co., N. Y. Glen Haven, Oct. 1, 1851. THE PROPRIETORS.

BUFFALO COLD SPRING WATER-CURE.—This establishment is located about two miles north of the city of Buffalo, one mile east of the Niagara river, and twenty miles from Niagara Falls, and is so accessible from all points as to be reached without inconvenience or delay. A line of omnibuses runs from the foot of Main-street, in Buffalo, to the Cure every twenty minutes. The building is large, airy, and commodious, and the entire arrangement is such as to give it an air of neatness, and render it a quiet and comfortable home for the invalid. Connected with the Cure is an extensive gymnasium, where a great variety of physical exercise is regularly and systematically pursued. The water is taken immediately from the celebrated Cold Spring, which for purity and coldness is not excelled. The Medical Department is under the general supervision of S. M. Davis, M. D., formerly Professor of Theory and Practice of Medicine in Central Medical College. Dr. James L. Acomb is medical assistant, and has charge of the Gentlemen's Department. Mary M. Taylor, a lady of superior qualifications as medical scholar and nurse, has special charge of the Female Department.

In regard to the position of our "Cure," it is deemed sufficient to say, that Buffalo Cold Spring Water-Cure will

compare favorably with any of the well-conducted establishments of a similar character, and will be found equal to the best as regards the order, convenience, and desirableness of its arrangements.

Terms.—From \$5 to \$14 per week, varying according to room and attention required. Address, post-paid, S. M. DAVIS, M. D., Office 239 Main-street, Buffalo, N. Y.

FOREST CITY WATER-CURE.—Located near Ithaca, N. Y., on the eastern shore of Cayuga lake. The medical department is in the hands of S. O. Gleason, M. D., former Physician to the Glen Haven Cure. Mrs. R. B. Gleason will take specific charge of the female patients. Persons coming from New York, and from the Southern Counties, can take the Ithaca Rail Road, which intersects with New York and Erie Rail Road at Owego, and arrive at Ithaca every night and morning. From the North, East, and West, can take the stage at Auburn every morning, or a steamboat at Cayuga Bridge every afternoon for Ithaca. The stage leaves Ithaca every morning for Auburn, passing the Cure.

Terms.—Board, fuel, lights, medical advice, attendance, &c., \$5 to \$10 per week, varying according to room and attention required. Payments made weekly. Each patient will furnish three good sized cotton comforters, one woolen blanket, and a linen packing sheet, 1 3/4 yards long by 1 1/2 yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDICK, Forest City P. O., Tompkins Co., N. Y., post paid. ap 6m

WATER-CURE INSTITUTE.—Patients will be treated at all seasons of the year, at the commodious city establishment, 15 Lighthouse street, New York, and at Lebanon Springs, from May 1st to Nov. 1st. Both places hereafter will be under the direction of Dr. R. T. TRALL, and the domestic management of Dr. CAMEL & SON. Dr. TRALL will be at the city institution on Tuesdays and Wednesdays of each week until November 1st, and daily the remainder of the year. Competent assistants will be in attendance during his temporary absence from either place. The terms will be as reasonable as at any other establishment having the same advantages, in the United States.

N. B.—Dr. TRALL has secured the assistance of Dr. J. L. HOSFORD, who will be in constant attendance at the Springs the present season. They are prepared to treat those displacements and other local affections of females, requiring unusual attention to manage successfully, for which purpose they are provided with all the requisite mechanical and physiological appliances. if

WORCESTER WATER-CURE INSTITUTION, No. 1 GLEN STREET.—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired and overlooks the city.

Terms.—For full board and treatment, \$6 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. Oct. 11

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment, having been put in fine order, is now commencing its fourth season. The success which attended it thus far enables the subscriber to say with confidence, to all who wish to make a practical application of the Water-Cure Treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. The water is very pure, soft, and abundant.

The charge for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly. T. T. SKELLY, M. D., Proprietor. Oct. 11

WATER-CURE.—Friends of Hydropathy, and the afflicted in general, are hereby respectfully informed that the Water-Cure establishment of Dr. C. HAZLE, near Brownsville, Pa., for the cure of chronic diseases, is now in successful operation. The flattering response to this institution in public favor has induced the proprietor to add yearly improvements for the comfort and accommodation of the increasing number of visitors. Terms are \$8 per week, payable weekly. Two woolen blankets, two cotton sheets, three comforters and six towels, have to be provided by patients. Letters post paid, will receive due attention. ap 17

MOUNT PROSPECT WATER-CURE.—Binghamton, Broome Co., N. Y., accessible six times a day, by N. Y. and Erie Rail Road. Patients are received and treated all the year round, without any reference to winter. No letters received unless the POSTAGE IS PREPAID. DR. O. V. THAYER, Principal and Resident Physician. Oct. 6.—A. P. & W. C. J.

THE CRYSTAL LAKE WATER CURE INSTITUTE, is now open to receive patients, under my direction, near Dundaff, Susquehanna Co. Pa. BENJAMIN AYERS, Esq. PROPRIETOR, DR. WM. E. ROGERS, ATTENDING PHYSICIAN. Sept. 21.

WATER CURE ESTABLISHMENT.—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio Beaver county, Pa. Sept. 17.

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island. Sept. 21.

W. H. COLLINS, Hydropathic Physician, Spring Green, North Providence, R. I. Sept.



No. 1. THE AMERICAN COSTUME.



No. 2 THE FRENCH COSTUME.

The American and French Fashions Contrasted.

WE herewith present our readers with engraved views of the prevailing European and [proposed] American Fashions.

No. 1 represents Mrs. AMELIA BLOOMER, of Seneca Falls, N. Y. It was engraved from a Daguerreotype for the *Cayuga Chief*, an excellent newspaper published in Auburn, N. Y., and kindly loaned to us by Mr. THURLOW W. BROWN, the gentlemanly proprietor.

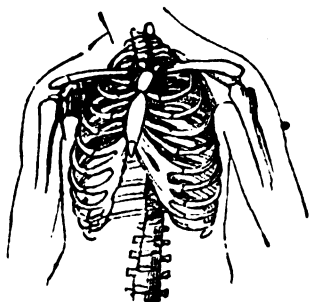
No. 2 was copied by our own Engraver, from the *Illustrated London News*, and is an exact copy of the original, without variation; and is a perfect representation of the FRENCH FASHIONS, as worn in July last. We submit the two styles side by side, for the consideration of AMERICAN WOMEN.

We also append, as an accompaniment, the anatomical views of a *natural* waist and an *artificial* or tight-laced waist, corresponding with Numbers 1 and 2 of the larger figures.

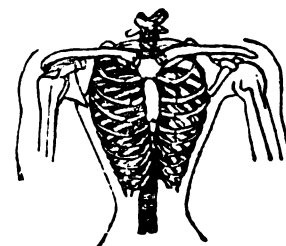
To us these views convey an unanswerable argument, and will need no farther comment.

In future numbers we shall present other styles of the AMERICAN COSTUME, with patterns and appropriate descriptions accompanying them.

We should add in this connection, that the friends of Mrs. Bloomer do not regard the above as a *good* likeness of that lady; but as it conveys a *general* idea of the new costume, we consider it well adapted to our present purpose.



No. 3.—A NATURAL WAIST.



No. 4.—A TIGHT-LACED WAIST.